



ADM MILLING CO
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**2020
 NUTRITIONAL
 HARD WHEAT FLOUR- ENRICHED
 10.0% PROTEIN**

Proximates	Per 100 grams	Vitamins	Per 100 grams
Calories (kcal)	355	Vitamin A RAE (mcg)	0
Total Fat (g)	1.3	Vitamin C (mg)	0
Saturated Fat (g)	0.2	Vitamin D (mcg)	0
Trans Fat (g)	0	Niacin (mg)	5.3*
Monounsaturated Fat (g)	0.1	Thiamine (mg)	0.6*
Polyunsaturated Fat (g)	0.7	Riboflavin (mg)	0.4*
Cholesterol (mg)	0	Folic Acid (mcg)	154*
Protein (g)	10.0	Folate, food (mcg)	31
Ash	0.50	Folate DFE (mcg)	292.8
Moisture (g)	12.2	Minerals	
Total Carbohydrates (g)	76.0	Sodium (mg)	2
Dietary Fiber (g)	2.4	Potassium (mg)	100
Soluble Fiber (g)	0.24	Calcium (mg)	18
Insoluble Fiber (g)	2.16	Iron (mg)	4.4*
Total Sugars (g)	1.6	Phosphorus (mg)	97
Added Sugars (g)	0	Magnesium (mg)	25

Results tabulated by Independent Laboratory

*Enriched to levels as listed in FDA CFR Title 21 Part 137.165 Enriched Flour

Niacin – 24 mg/lb.

Iron – 20 mg/lb.

Thiamine Mononitrate – 2.9 mg/lb.

Riboflavin – 1.8 mg/lb.

Folic Acid – 0.7 mg/lb.