

Free-O-Wheat All Purpose Flour, 25lb

Nutrition Facts

~283 servings per container

Serving size 1/4 cup (40g)

Amount Per Serving

Calories **150**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 0mg **0%**

Sodium 55mg **2%**

Total Carbohydrate 35g **13%**

Dietary Fiber 1g **4%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Sugar Alcohol 0g

Protein 1g **2%**

Vitamin D 0mcg **0%**

Calcium 12mg **0%**

Iron 1mg **6%**

Potassium 39mg **0%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.