

6G

4404000

Flour
Self Rising

Nutrition Facts
Serving Size: 1/4 cup (30 g)
Servings Per Container: 375

Amount Per Serving	
Calories 100	Calories from Fat 0
%Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 400mg	17 %
Total Carbohydrate 22g	7 %
Dietary Fiber < 1g	2 %
Other Carbohydrate 21g	
Protein 3g	

Calcium	6% *	Iron	6%
Thiamine	10% *	Riboflavin	6%
Niacin	8% *	Folic Acid	10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories	2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Calories per gram:		
Fat 9	* Carbohydrate 4	* Protein 4

Ingredients: Wheat Flour, Salt, Sodium Bicarbonate, Sodium Aluminum Phosphate Monocalcium Phosphate, Calcium Carbonate, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid.

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