

Free-O-Wheat® All Purpose Flour (4 lbs)

# Nutrition Facts

~45 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%**

**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.