

Full Report (All Nutrients) 45093069, CORN FLOUR, UPC: 039978004697
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Report Date: July 22, 2019 18:45 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer BOB'S RED MILL NATURAL FOODS, INC.

Nutrient	Unit	Data points	Std. Error	24.0 OZ BAG) RAW, (PER 29g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	110	379
Protein	g	--	--	3.00	10.34
Total lipid (fat)	g	--	--	1.50	5.17
Carbohydrate, by difference	g	--	--	22.00	75.86
Fiber, total dietary	g	--	--	2.0	6.9
Sugars, total	g	--	--	0.00	0.00
Minerals					
Calcium, Ca	mg	--	--	0	0
Iron, Fe	mg	--	--	0.72	2.48
Sodium, Na	mg	--	--	10	34
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	0.0	0.0
Vitamin A, IU	IU	--	--	0	0
Lipids					
Fatty acids, total saturated	g	--	--	0.000	0.000
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0

Amino Acids
Other
Ingredients

 WHOLE GRAIN CORN. *Date Available:* 04/06/2018 *Date Last Updated by Company:* 04/06/2018