

## Basic Report 20081, Wheat flour, white, all-purpose, enriched, bleached

Report Date: September 22, 2019 22:53 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	0.30 Value Per30 g	1 cup 125g
<b>Proximates</b>			
Water	g	3.58	14.90
Energy	kcal	109	455
Protein	g	3.10	12.91
Total lipid (fat)	g	0.29	1.23
Carbohydrate, by difference	g	22.89	95.39
Fiber, total dietary	g	0.8	3.4
Sugars, total	g	0.08	0.34
<b>Minerals</b>			
Calcium, Ca	mg	4	19
Iron, Fe	mg	1.39	5.80
Magnesium, Mg	mg	7	28
Phosphorus, P	mg	32	135
Potassium, K	mg	32	134
Sodium, Na	mg	1	2
Zinc, Zn	mg	0.21	0.88
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.235	0.981
Riboflavin	mg	0.148	0.618
Niacin	mg	1.771	7.380
Vitamin B-6	mg	0.013	0.055
Folate, DFE	µg	87	364
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin E (alpha-tocopherol)	mg	0.02	0.07

<b>Nutrient</b>	<b>Unit</b>	<b>0.30 Value Per30 g</b>	<b>1 cup 125g</b>
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.1	0.4
<b>Lipids</b>			
Fatty acids, total saturated	g	0.046	0.194
Fatty acids, total monounsaturated	g	0.026	0.109
Fatty acids, total polyunsaturated	g	0.124	0.516
Cholesterol	mg	0	0
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0