

BRANT FLOUR MILLS LTD

RR4 Scotland ON N0E1R0
Tel: 519.484.2921

Rye Meal

Product Specification Sheet

Description	Milled from rye grain, employing grain cutters for the reduction of the grain and plansifters for the grading of the meal. The rye is free of foreign material, insect infestation, excess weeds, seeds etc., in conformance with the health protection branch.
Declaration of Components	No additives, untreated cut rye.
Regulatory Status	Under Health Protection Branch
Standards	100% through #10 wire 100% over #24 wire Ash Content: 1.5 - 1.8%
Storage Conditions	When stored in sealed multi-walled paper bags under cool, dry and clean conditions, the product shall provide 24 weeks of satisfactory performance.
Type of Packaging	Multi-walled paper-bags weighing 20/40kg. Bulk
Safety Risk	None
Kosher Status	Yes By the Kashruth Council of Canada

Nutritional Information

Per Serving of 100g (3.5oz)

Energy	
Calories	349.5
Kilojoules	1462.3
Protein (g)	9.8
Fat (g)	2.3
Polyunsaturates (g)	1.5
Monounsaturates (g)	0.4
Saturates (g)	0.4
Trans (g)	0
Cholesterol (mg)	0
Carbohydrate (g)	72.8
Dietary fibre (g)	12.6
Soluble fibre (g)	1.9
Insoluble fibre (g)	10.7
Sugars (mono & di saccharides) (g)	0.5
Complex Carbohydrate (g)	45.0
Sodium (mg)	5.0
Potassium (mg)	240.0
Calcium (mg)	30.0
Iron (mg)	2.4
Phosphorus (mg)	340.0
Vitamin A (RE)	0
(IU)	0
Vitamin C	0
Thiamine (mg)	0.3
Riboflavin (mg)	0.2
Niacin (mg)	3.9
Ash %	1.6
Moisture %	13.5

Revision Date: February 1st, 2010

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