

BRANT FLOUR MILLS LTD

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Organic Dark Rye Flour Product Specification Sheet

Description	Milled from organic rye grain, employing roller-mills for the reduction of the grain. 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 flour.
Regulatory Status	Under Health Protection Branch
Standards	Falling No. Test: 100's - 400's (depending on crop year) 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)	74.3
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 %	12.0

Revision Date: February 1st, 2010

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