



Item Info

Item Number
144085

Number In Pallet
50

Item Description
Flour, Pumpernickel, Medium Rye Meal 50lb

Brand
Ardent Mills

Pack Size
50lb

Product Class
Rye Flour

Country Of Origin
United States

Case UPC
00049100912684

Retail UPC

PLU
51088

Mixing Instructions

Item Specifications

Gluten Free	No
Kosher	No
Organic	No
Packaging Type	Paper Sack
Unit Type	Bulk

Item Ingredients

Ing: Rye Meal. **Allergen Information: This product does contain traces of wheat.

Nutrition Facts

Serving Size (100g)

Servings Per Container Varied

Amount Per Serving

Calories 340

Calories From Fat 0

% Daily Value*

Total Fat 2.5g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 5mg 0%

Potassium 260mg 0%

Total Carbohydrate 70g 0%

Dietary Fiber 15g 0%

Sugars 1g

Protein 11g

Vitamin A 0%

Vitamin C 0%

Calcium 4%

Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories Per Gram

Fat 9

Carbohydrate 4

Protein 4