



# Organic Whole Grain Red Fife Wheat Flour

## Thank you for choosing Nunweiler's

We are proud to offer you Canadian grown and milled whole grain flour. We don't believe in using any additives or preservatives in our flour, simply the entire whole grain kernel. Keeping all the nutrients and the flavor that nature intended.



## Description & Uses

This product is milled at low temperatures from Canadian grown heritage organic Red Fife Wheat kernels. Nothing is added or removed. The flour is beige in colour with a free flowing granulation.

## Storage & Shelf Life

Product should be stored in a clean, cool, dry place. Optimum shelf life is 2 years from milled date under correct storage conditions.

## Packaging

Packed in 10kg and 20kg multi-walled paper bags with Nunweiler's lot code and milled on date stamped on the bag. Packed in 2kg and 1 kg Poly bags with Nunweiler's lot code and best before date printed on the nutrition panel.

## Allergen Checklist

COMPONENT	PRESENT IN PRODUCT	PRESENT IN OTHER PRODUCTS ON THE SAME LINE	PRESENT IN OTHER PRODUCTS IN THE SAME MANUFACTURING PLANT
PEANUTS AND THEIR DERIVATIVES	×	×	×
TREE NUTS AND THEIR DERIVATIVES	×	×	×
SESAME SEEDS	×	×	×
DAIRY PRODUCTS- MILK, LACTOSE, CASEINATES, WHEY	×	✓ 1 Kg Packages	✓
EGGS	×	×	×
FISH- ANCHOVIES, SHELLFISH	×	×	×
SOY PRODUCTS	×	×	×
MSG OR GLUTAMATES	×	×	×
SULPHATES	×	×	×
GLUTEN	✓	✓	✓
MUSTARD	×	×	×

## Nutritional Facts

(g per 100g)

Moisture	11-14%
Protein	10.5-13%
Total Fat	1.5g
*Saturated	0
*Trans Fat	0
Carbohydrates	75g
*Dietary Fibers	8g
*Sugars	
Food Energy (Calories)	360
Minerals & Vitamins (mg per 100g)	
Calcium	33mg
Sodium	0
Iron	6mg
Potassium	290mg
Vitamin A (IU)	0.0
Vitamin C	0.0

## What we love about this product

If you're looking for a unique and decadent flavourful flour, this is it! We love this Canadian heritage wheat because it's not only packed with vitamins and minerals, but it adds such a rich flavour to all of our favourite recipes. A fantastic choice for sourdough!

