



Organic Whole Grain Buckwheat 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 organic buckwheat. Nothing is added or removed. The flour is beige in colour with black flecks 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	×	✓ <small>1 and 2kg packaging only</small>	✓
EGGS	×	×	×
FISH- ANCHOVIES, SHELLFISH	×	×	×
SOY PRODUCTS	×	×	×
MSG OR GLUTAMATES	×	×	×
SULPHATES	×	×	×
GLUTEN	×	✓	✓
MUSTARD	×	×	×



Nutritional Facts

(g per 100g)

Moisture	8-12%
Protein	11g
Total Fat	1.25g
*Saturated	0.25g
*Trans Fat	0
Carbohydrates	72g
*Dietary Fibers	24g
*Sugars	0.7g
Food Energy (Calories)	370
Minerals & Vitamins (mg per 100g)	
Calcium	57mg
Sodium	10mg
Iron	3mg
Potassium	577mg
Vitamin A (IU)	0.0
Vitamin C	0.0

What we love about this product

We love buckwheat flour because it has more protein, dietary fiber, and B vitamins than an equal weight of oat or whole wheat flour. It is an excellent source of potassium and essential amino acids. We love using it to make scones!

