

Nutrient Facts based on 1/4 cup of measurement of Flour														
	Calories	Calories from Fat	Total Fat g	Sodium mg	Potassium mg	Total carbohydrate g	Dietary Fiber g	Sugars g	Protein g	Phosphorus mg	Vitamin A %	Vitamin C %	Calcium %	Iron %
Almond Flour	160	120	14	10	204	6	3	1	6	133	0	0	6	8
All Purpose GF Flour	100	5	1	0	128	22	3	1	3	65	0	0	2	6
Black Bean flour	120	0	0	0	519	22	5	1	8	123	0	0	4	2
Corn Flour	110	10	1	2	93	22	4	0	2	79	1	1	0	3
Fava Bean Flour	110	5	1	0	350	19	8	1	9	139	0	0	4	6
Flax meal 2 Tbsp	60	40	5	0	89	4	4	0	3	65	0	0	2	10
Garbanzo Bean flour	110	15	2	5	263	18	5	3	6	110	0	0	4	3
GF Corn Flour	110	10	1	2	93	22	4	0	2	80	1	1	0	0
GF Oat Flour	160	25	3	0	97	26	4	0	7	124	0	0	2	0
Hazelnut Flour	180	150	17	0	190	5	3	1	4	81	0	0	4	10
Potato Starch 3 Tbsp	120	5	1	10	540	27	2	0	3	0	0	0	0	10
Sweet White Rice Flour	180	5	1	0	0	40	1	1	3	0	0	0	0	10
Tapioca Flour	100	0	0	0	6	26	0	0	0	4	0	0	0	0
Unbleached White Flour	124	5	1	1	0	25	1	0	4	0	0	0	0	7
White Rice Flour	150	5	1	0	30	32	1	0	2	39	0	0	0	35
Whole Wheat Flour	120	5	1	0	0	24	4	0	4	0	0	0	0	4
Source: Bob's Red Mill, Vitamins are in Percent Daily Values are based on a 2000 calorie diet.														