



SHIP FROM:

Ardent Mills LLC
1875 Lawrence St.
Denver, CO 80202
USA

ITEM NUMBER: 5123028

KA SIR GALAHAD-ENRICHED FLOUR-12050

SHIP TO: LENTZ MILLING CO READING
PA-0020034863
2045 N 11TH ST
READING PA 19604-0000 US

ITEM STATEMENT:

Product milled from cleaned wheat of sound quality. This product shall be food grade and in compliance with the Federal Food, Drug and Cosmetic Act of 1938 as amended and applicable regulations thereunder. This is not a ready-to-eat product and must be thoroughly cooked before eating. Due to the nature of our products, we do not include microbial parameters as part of our Product Specification. As described in our Continuing Guaranty, we adhere to the U.S. Federal Food, Drug and Cosmetic Act, as amended. Product is sifted prior to packing(bag) or loading(bulk).

MIC DESCRIPTION	MIN	MAX	UOM	METHOD
Moisture NIR	13.3	14	%	Internal NIR Method
Ash NIR @ 14% MB	0.47	0.53	%	Internal NIR Method 14%
Protein NIR @ 14% MB	11.5	11.9	%	Internal NIR Method 14%
Falling Number @ 14% MB	230	290	sec	AACC 56-81B @ 14%
Farinograph Absorption @ 14% MB	59	63	%	AACC 54-21
Farinograph MTI	20	40	BU	AACC 54-21
Farinograph Peak	5.5	8.5	min	AACC 54-21
Farinograph Stability	7	13	min	AACC 54-21

INGREDIENT STATEMENT:

INGREDIENTS: WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID.

ALLERGEN STATEMENT:

Contains: Wheat



SHIP FROM:

Ardent Mills LLC
1875 Lawrence St.
Denver, CO 80202
USA

ITEM NUMBER: 5123028

KA SIR GALAHAD-ENRICHED FLOUR-12050

SHIP TO: LENTZ MILLING CO READING
PA-0020034863
2045 N 11TH ST
READING PA 19604-0000 US

SHELF LIFE STATEMENT / HANDLING STATEMENT:

SHELF LIFE (Days): 180

Product should be kept in a clean, dry place that is well ventilated. Product should be used within six months.

Any product made from raw agricultural commodities, such as wheat, rye and other grains, may be subject to infestation if not properly inspected when received, handled, and stored. To reduce the risk of infestation, customer should ensure it has proper goods receiving inspection procedures, and should store the product in a clean, dry area that is well ventilated. Recommended storage conditions are <75 F and <50% Relative Humidity.

CERTIFICATES:

KOSHER CERTIFIED: Kosher Parve



SHIP FROM:

Ardent Mills LLC
1875 Lawrence St.
Denver, CO 80202
USA

ITEM NUMBER: 5123028

KA SIR GALAHAD-ENRICHED FLOUR-12050

SHIP TO: LENTZ MILLING CO READING
PA-0020034863
2045 N 11TH ST
READING PA 19604-0000 US

NUTRITIONAL INFORMATION (100G BASIS)

Updated to reflect 2016 FDA Final Rule on Food Labeling: Revision of the Nutrition and Supplement Facts Labels

Calories	361.23	Calculated based on	USDA SR28
Total Fat, g/100g	1.578	Calculated based on	USDA SR28
Saturated Fat, g/100g	0.253	Calculated based on	USDA SR28
Total Trans Fat, g/100g	0.000	Calculated based on	USDA SR28
Polyunsat. Fat, g/100g	0.734	Calculated based on	USDA SR28
Monunsat. Fat, g/100g	0.150	Calculated based on	USDA SR28
Cholesterol, mg/100g	0.000	Calculated based on	USDA SR28
Sodium, mg/100g	1.997	Calculated based on	USDA SR28
Dietary Fiber, g/100g	2.396	Calculated based on	USDA SR28
Potassium, mg/100g	114.271	Calculated based on	USDA SR28
Carbohydrates, g/100g	72.909	Calculated based on	USDA SR28
Total Sugars, g/100g	0.425	Calculated based on	USDA SR28
Added Sugars, g/100g	0.000	Calculated based on	USDA SR28
Protein, g/100g	11.780	Calculated based on	USDA SR28
Vitamin A, IU	1.238	Calculated based on	USDA SR28
Vitamin C, mg/100g	0.000	Calculated based on	USDA SR28
Calcium, mg/100g	16.875	Calculated based on	USDA SR28
Iron, mg/100g	4.650	Calculated based on	USDA SR28
Vitamin A, mcg/100g	0.000	Calculated based on	USDA SR28
Vitamin D, mcg/100g	0.000	Calculated based on	USDA SR28
Vitamin D, mcg/100g	0.000	Calculated based on	USDA SR28
Vitamin D, IU/100g	0.000	Calculated based on	USDA SR28
B1-Thiamin, mg/100g	0.782	Calculated based on	USDA SR28
B2-Riboflavin, mg/100g	0.486	Calculated based on	USDA SR28
B3-Niacin, mg/100g	6.935	Calculated based on	USDA SR28
Folate (Food), mcg/100g	32.192	Calculated based on	USDA SR28
Folic Acid (Added), mcg/100g	145.984	Calculated based on	USDA SR28