



USDA Foods in Schools

110857 - 100% White Whole Wheat Flour
Category: **Grains (Whole Grain)**



Product Description

- This item is 100% white whole wheat flour. It is available in a case containing eight 5-pound bags.

Crediting/Yield

- CN Crediting: Flour serves as a recipe ingredient, so crediting is based on the portion size and type of grain item served. For more information, see the Grain Requirements for the National School Lunch Program and School Breakfast Program ([SP30-2012](#)).

Culinary Tips and Recipes

- White whole wheat flour can be used in baked goods such as pizza crust, bread, rolls or muffins.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's Team Nutrition](#).

Food Safety Information

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

Visit us at www.fns.usda.gov/usda-fis

Nutrition Facts

Serving size: 1/2 cup (64 g) 100% white whole wheat flour

Amount Per Serving

Calories 260

Total Fat 1g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 0mg

Total Carbohydrate 52g

Dietary Fiber 8g

Sugars 0g

Protein 6g

Source: USDA Foods Vendor Labels

Allergen Information: Contains wheat. Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, contact the product manufacturer directly.

Nutrient values in this section are from USDA FoodData Central or are representative values from USDA Foods vendor labels. Please refer to the Nutrition Facts label or ingredient list for product-specific information.