

Flour, whole wheat, white

MyPlate Food Group: **Grain**



Product Description

- White whole wheat flour is made from hard white wheat that is white or cream in color. This product is milder in flavor and lighter in texture than whole wheat flour ground from hard red wheat. White whole wheat flour is a 100% whole grain product.

Storage

- Store unopened packages of white whole wheat flour in a cool, clean, dry place.
- After opening, keep package tightly closed.
- White whole wheat flour may be stored in the refrigerator.

Uses and Tips

- Use white whole wheat flour in any recipe that calls for whole wheat flour.
- Use whole wheat flour to make a variety of baked goods such as muffins, breads, cakes, and cookies.

Nutrition Information

- ¼ cup of whole wheat flour counts as 1 ounce in the MyPlate.gov Grains Group. For a 2,000-calorie diet, the daily recommendation is about 6 ounces.

Resources

- www.nutrition.gov
- www.foodsafety.gov

Nutrition Facts

Serving size: 1/4 cup (30g) white whole wheat flour

Amount Per Serving

Calories 100 **Calories from Fat** 5

-% Daily Value*

Total Fat 1g		1%
Saturated Fat 0g		0%
<i>Trans Fat</i> 0g		
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 23g		8%
Dietary Fiber 4g		15%
Sugars 0g		
Protein 4g		
Vitamin A 0%	Vitamin C	0%
Calcium 0%	Iron	1%

*Percent Daily Values are based on a 2,000 calorie diet.

This sheet is intended for individuals and families receiving USDA Foods to use at home. Nutrient Values in the Nutrition Facts panel are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts panel or ingredient list for product-specific information.

USDA Foods

Flour Tortillas

Makes about 10 servings

Ingredients

- 1 1/2 cup all purpose flour
- 1/2 cup white whole wheat flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 2 tablespoons vegetable oil
(or shortening)
- 3/4 cup water (warm, 105-110 degrees F)

Directions

1. In a large bowl, combine flour, baking powder, and salt.
2. Add oil and mix until crumbly.
3. Start with 1/2 cup of water and add 1 Tablespoon at a time until mixture forms a loose crumbly ball.
4. Turn onto a lightly floured surface; knead 6 to 8 times or until smooth.
5. Divide into 10 balls. Roll each piece into an 8 inch circle.
6. Heat a 12 inch dry skillet over medium-high heat. Place one tortilla at a time into skillet and cook until light brown spots appear on bottom. Turn over and cook on other side until lightly browned.

Recipe adapted from What's Cooking? USDA Mixing Bowl

Whole Wheat Muffins

Makes about 12 servings

Ingredients

- 1 cup all purpose flour
- 1 cup white whole wheat flour
- 1/2 teaspoon salt
- 2 teaspoons baking powder
- 1/4 cup brown sugar, firmly packed
(or white sugar)
- 1 cup milk, low-fat (1%)
- 2 eggs
- vanilla (1 teaspoon, optional)
- 1/4 cup margarine or butter, melted (or 1/4 cup vegetable oil)

Directions

1. Preheat oven to 400 degrees. Lightly coat with non-stick spray the cups of a 12 cup muffin pan.
2. Mix together sugar and cinnamon for topping and set aside.
3. In a large bowl, stir together flour, salt, baking powder and sugar. In a glass or plastic liquid measuring cup, measure milk, then add eggs, vanilla (if using), and melted shortening or oil. Mix with a fork until egg is well combined with other ingredients.
4. Pour milk mixture over flour mixture and stir with a spoon, about 20 strokes, until flour is just moistened. Batter will be lumpy and thick.
5. Fill prepared muffin cups about 2/3 full with batter. Sprinkle about 1/4 teaspoon of cinnamon/sugar topping over each muffin.
6. Bake in oven for 20 to 25 minutes until golden brown. Serve warm. Leftovers may be frozen.

Recipe adapted from What's Cooking? USDA Mixing Bowl