

**B276 – FLOUR, BAKERS, HARD WHEAT, ENRICHED, UNBLEACHED, 50 LB**



**Nutrition Information**

Wheat flour, white, 11.5% protein, unbleached, enriched

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Grains/Breads</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. No. 2 grade or better bleached wheat flour enriched with thiamin, riboflavin, niacin, folic acid, and iron. Bread flour has a minimum protein level of 11.3% for better gluten (as compared to 9% for all purpose flour).</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>50 lb bag.</li> <li>One 50 lb bag AP yields about 166½ cups.</li> <li>One lb AP yields about 3⅓ cups.</li> <li>CN Crediting: Flour serves as a recipe ingredient; crediting is based on the recipe and portion size. For more information, see section 3 Grains/Breads in the <i>Food Buying Guide for Child Nutrition Programs</i>.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store bread flour off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%).</li> <li>If ideal storage conditions are not available, store bread flour under refrigeration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

	¼ cup (34 g)	1 cup (137 g)
Calories	123	497
Protein	3.91 g	15.76 g
Carbohydrate	25.10 g	101.12 g
Dietary Fiber	N/A	N/A
Sugars	0.38 g	1.53 g
Total Fat	0.49 g	1.99 g
Saturated Fat	0.09 g	0.37 g
Trans Fat	0 g	N/A
Cholesterol	0 mg	0 mg
Iron	1.72 mg	6.93 mg
Calcium	7 mg	27 mg
Sodium	1 mg	3 mg
Magnesium	10 mg	41 mg
Potassium	47 mg	189 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.13 mg	0.52 mg



## USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

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<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>• Use as directed in recipes.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• The primary use of bread flour is for breads, rolls, pizza dough, and other yeast products. Bread flour is not recommended for cakes, pie crusts, or quick breads.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Visually inspect for presence of foreign substances, insects, or molds before use.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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