

**B300 – FLOUR, BAKERS, HARD WHEAT, HEARTH, BLEACHED,
100 LB**



Nutrition Information

Wheat flour, white, 13% protein, bleached, enriched

CATEGORY	<ul style="list-style-type: none"> Grains/Breads
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. No. 2 grade or better bleached wheat flour enriched with thiamin, riboflavin, niacin, folic acid, and iron. Hearth style flour has a minimum protein level of 13.3% and may contain potassium bromate to achieve maximum quality hearth-type bread products.
PACK/YIELD	<ul style="list-style-type: none"> 100 lb bag. One 100 lb bag AP yields about 333 cups. One lb AP yields about 3 1/3 cups. 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>.
STORAGE	<ul style="list-style-type: none"> Store bakers flour off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). If ideal storage conditions are not available, store bread flour under refrigeration. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

	1/4 cup (34 g)	1 cup (137 g)
Calories	123	496
Protein	4.44 g	17.91 g
Carbohydrate	24.55 g	98.81 g
Dietary Fiber	N/A	N/A
Sugars	0.37 g	1.51 g
Total Fat	0.47 g	1.89 g
Saturated Fat	0.06 g	0.26 g
Trans Fat	0 g	N/A
Cholesterol	0 mg	0 mg
Iron	1.72 mg	6.93 mg
Calcium	8 mg	33 mg
Sodium	1 mg	3 mg
Magnesium	12 mg	48 mg
Potassium	44 mg	175 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.02 mg	0.07 mg



USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none">• Use as directed in recipes.
USES AND TIPS	<ul style="list-style-type: none">• Hearth flour is primarily used in baking hard breads such as French bread.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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