

100400 - Flour, All Purpose, Enriched
Category: Grains**Product Description**

- This item is all purpose wheat flour that is enriched. It is available in cases with eight 5-pound bags.

Crediting/Yield

- CN Crediting: Flour is 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

- Enriched flour can be blended with whole wheat flour and used in baked goods such as bread, rolls, muffins, or pizza crust.
- 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](#).

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Nutrition Facts

Serving size: 1/2 cup (63 g) all purpose wheat flour, enriched

Amount Per Serving

Calories 228

Total Fat 1g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 1mg

Total Carbohydrate 48g

Dietary Fiber 2g

Sugars 0g

Protein 6g

Source: [USDA FoodData Central](#)

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.