

**110208 - Flour, White Whole Wheat/Enriched**
Category: Grains (Whole Grain)**Product Description**

- This item is a whole grain-rich flour blend made from 60% white whole wheat flour and 40% enriched flour. This product is available in 25 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

- A whole grain flour blend can be used in baked goods such as bread, rolls, muffins or pizza crust.
- Using a pre-mixed white whole wheat and enriched flour blend for cooking and baking can help schools more easily provide whole grain foods to students.
- 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 (63g) white whole wheat/enriched flour blend

Amount Per Serving

Calories 247

Total Fat 1g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 0mg

Total Carbohydrate 50g

Dietary Fiber 6g

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.