



# Wheat Flour Type 550

<b>FOOD.BRAND</b>	<b>FOOD.CATEGORY</b>
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## Nutrients

<b>CALORIES</b>	342 kcal (per 100g)
<b>PROTEIN</b>	9.2g (per 100g)
<b>FAT</b>	1.2g (per 100g)
<b>CARBOHYDRATES</b>	74.9g (per 100g)
<b>FIBER</b>	2.6g (per 100g)

## Detailed Nutrient List

<b>FAT</b>	1.2 g
<b>IRON</b>	1.1 mg
<b>ZINC</b>	0.56 mg

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<b>FIBER</b>	2.6 g
<b>SODIUM</b>	2 mg
<b>COPPER</b>	0.08 mg
<b>VITAMIN B3 (NIACIN)</b>	0.39 mg
<b>PROTEIN</b>	9.2 g
<b>CALCIUM</b>	18 mg
<b>SUCROSE</b>	0.2 g
<b>VITAMIN B1 (THIAMIN)</b>	0.102 mg
<b>MAGNESIUM</b>	10 mg
<b>POTASSIUM</b>	110 mg
<b>MANGANESE</b>	0.25 mg
<b>VITAMIN E</b>	0.4 mg
<b>PHOSPHORUS</b>	67 mg
<b>VITAMIN B6 (PYRIDOXINE)</b>	0.02 mg
<b>VITAMIN B2 (RIBOFLAVIN)</b>	0.051 mg
<b>CARBOHYDRATE</b>	74.9 g
<b>FATTY SATURATED</b>	0.17 g
<b>FATTY MONOUNSATURATED</b>	0.12 g
<b>FATTY POLYUNSATURATED</b>	0.51 g
<b>WATER</b>	12.5 g
<b>SALT</b>	0.005 g
<b>FIBER INSOLUBLE</b>	2.1 g
<b>FIBER SOLUBLE</b>	0.5 g

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 0.4 g



<b>VITAMIN B9 (FOLATE)</b>	25 µg
<b>CHOLESTEROL</b>	0 mg
<b>FATTY TRANS</b>	0.02 g
<b>GLUTAMINE</b>	2.9 g
<b>ASH</b>	0.5 g
<b>OMEGA 6</b>	0.45 g
<b>OMEGA 3</b>	0.03 g
<b>VITAMIN K</b>	1.9 µg
<b>VITAMIN B5 (PANTOTHENIC ACID)</b>	0.3 mg

*The information contained in this document is for educational purposes only and does not replace medical advice.*

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