

Nutritional Information per 28g (1 ounce)

Percentages based on a 2,000 calorie diet

Flour	Brand*	Type	Glycemic Index	Calories	Total Fat	Cholesterol	Sodium	Total Carbs	Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron	Thiamin	Riboflavin	Niacin	Potassium	Vitamin E	Magnesium	Phosphorus	
White Flour**	King Arthur Four	Grain	High	103	0g	0mg	5mg	21g	1g	1g	4g	0%	0%	0%	2%	0%	0%	0%	0%	0%	0%	0%	0%
Wheat Flour**	King Arthur Four	Grain	Medium	103	0g	0mg	0mg	20g	4g	1g	4g	0%	0%	0%	2%	0%	0%	0%	0%	0%	0%	0%	0%
GF All-Purpose Baking Flour	Bob's Red Mill	Multiple	Unknown	82	1g	0mg	0mg	18g	2g	1g	2g	0%	0%	2%	5%	0%	0%	0%	0%	0%	0%	0%	0%
GF All-Purpose Baking Mix	King Arthur Four	Multiple	Unknown	91	0g	0mg	231mg	21g	3g	0g	1g	0%	0%	14%	11%	18%	7%	11%	0%	0%	0%	0%	0%
Almond Flour	Anthony's	Nut	Low	170	15g	0mg	5mg	5g	3g	1g	6g	0%	0%	6%	6%	0%	0%	0%	0%	0%	0%	0%	0%
Amaranth Flour	Bob's Red Mill	Grain	Unknown	103	2g	0mg	6mg	19g	3g	0g	4g	0%	2%	4%	11%	0%	0%	0%	0%	0%	0%	0%	0%
Buckwheat Flour	Arrowhead Mills	Seed	Low	107	1g	0mg	0mg	19g	6g	1g	5g	0%	0%	0%	6%	2%	4%	6%	0%	0%	0%	0%	0%
Cassava Flour	Anthony's	Tuber	Varies	103	0g	0mg	0mg	24g	2g	0g	0g	0%	0%	0%	15%	0%	0%	0%	0%	0%	0%	0%	0%
Chickpea Flour	Anthony's	Bean	Low	112	2g	0mg	19mg	16g	3g	3g	7g	0%	0%	2%	7%	0%	0%	0%	6%	0%	0%	0%	0%
Coconut Flour	Anthony's	Seed	Low	120	4g	0mg	20mg	16g	12g	4g	4g	0%	0%	0%	16%	0%	0%	0%	0%	0%	0%	0%	0%
Corn Flour	Bob's Red Mill	Grain	High	97	1g	0mg	0mg	20g	2g	0g	2g	2%	0%	2%	4%	0%	0%	0%	0%	0%	0%	0%	0%
Flaxseed Flour	NOW	Seed	Low	158	11g	0mg	9mg	11g	7g	0g	7g	0%	0%	7%	18%	0%	0%	0%	0%	0%	0%	0%	0%
Hazelnut Flour	Bob's Red Mill	Nut	Low	180	17g	0mg	0mg	5g	3g	1g	4g	0%	2%	4%	8%	10%	0%	0%	0%	20%	10%	10%	0%
Millet Flour	Arrowhead Mills	Grain	High	104	1g	0mg	0mg	21g	2g	0g	3g	0%	0%	0%	12%	12%	6%	3%	0%	0%	0%	0%	0%
Oat Flour	Bob's Red Mill	Grain	Medium	112	2g	0mg	0mg	18g	3g	0g	5g	0%	0%	1%	7%	0%	0%	0%	0%	0%	0%	0%	0%
Potato Flour	Bob's Red Mill	Tuber	High	99	0g	0mg	8mg	22g	2g	0g	2g	0%	8%	0%	2%	0%	0%	0%	0%	0%	0%	0%	0%
Quinoa Flour	Bob's Red Mill	Grain	Low	110	2g	0mg	8mg	18g	2g	0g	4g	0%	0%	1%	7%	0%	0%	0%	0%	0%	0%	0%	0%
Rice Flour, Brown	Anthony's	Grain	Low	105	1g	0mg	0mg	22g	1g	0g	2g	0%	0%	0%	3%	0%	0%	0%	0%	0%	0%	0%	0%
Rice Flour, Sweet	Bob's Red Mill	Grain	High	99	0.3g	0mg	0mg	22g	1g	1g	2g	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
Rice Flour, White	Arrowhead Mills	Grain	High	96	0g	0mg	0mg	22g	1g	0g	2g	0%	0%	0%	0%	3%	3%	0%	0%	0%	0%	0%	0%
Sorghum Flour	Bob's Red Mill	Grain	Low	99	1g	0mg	0mg	21g	2g	0g	3g	0%	0%	0%	7%	0%	0%	0%	0%	0%	0%	0%	0%
Soy Flour	Bob's Red Mill	Bean	Low	120	6g	0mg	0mg	8g	3g	2g	10g	0%	2%	10%	25%	0%	0%	0%	0%	0%	0%	30%	14%
Teff Flour	Anthony's	Seed	Low	101	1g	0mg	0mg	20g	2g	1g	4g	0%	0%	5%	9%	0%	0%	0%	0%	0%	0%	0%	0%

* Values shown are taken from a bag of the brand named listed here.

** White flour and wheat flour are not gluten-free. They are listed here for comparison purposes only.