



GENERAL MILLS

005206 - Flour Semolina Untreated 50 Lb 53323

Recommended for long pasta products including spaghetti and fettuccine. Blend with quality spring wheat flours for use in pizza, hard rolls, and hearth breads. General Mills flour is milled from select varieties to ensure maximum consistency and baking performance. Quality ingredients yield exceptional results. 12.2% protein ...



Nutrition Facts

Serving size	100 Gram
Amount per serving	
Calories	347.4
% Daily Value*	
Total Fat 1g	0%
Saturated Fat 0.2g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 72.8g	26%
Dietary Fiber 3.9g	13%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 11.8g	
Vitamin D 0mg	0%
Calcium 0mg	0%
Iron 1.2mg	6%
Potassium 0mg	0%

* Benefits

Ingredients

SEMOLINA (MILLED FROM DURUM WHEAT).

⚠ Allergens

Contains:



wheat

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Handling Suggestions

Keep in a dry cool place

Serving Suggestions

See packaging for serving suggestions

Prep & Cooking Suggestions

Follow instruction on the package

📄 Product Specifications

Brand	Manufacturer	Product Category
GENERAL MILLS	General Mills Inc.	

MFG #	SPC #	GTIN	Pack	Pack Desc.
16000-53323	005206	10016000533230	1	1 x 50 LB / BG

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
50.5 lb	50 LB	USA	Yes	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
30 in	16 in	4.5 in	1.25 FT3	5x10	310 DAYS	32°F / 95°F



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Nutrition Analysis

Calories	347.4 kcal	Total Fat	1 g	Sodium	1 mg
Protein	11.8	Trans Fats	0 g	Calcium	0 mg
Total Carbohydrates...	72.8 g	Saturated Fat	0.2 g	Iron	1.2 mg
Sugars	1 g	Added Sugars	0 g	Potassium	0 mg
Dietary Fiber	3.9 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0 mg		
Vitamin A(U)	0 µg	Vitamin D	0 mg	Thiamin	0.3 mg
Vitamin A(RE)		Vitamin E		Niacin	3.2 mg
Vitamin C	0 mg	Folate	53.3 µg	Riboflavin	0 mg
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

