



GENERAL MILLS

004978 - Flour Quick Mixing Enriched

The worry-free answer for lump-free sauces, gravies, delicate pop-overs, and dusting flour. General Mills flour is milled from select varieties to ensure maximum consistency and baking performance. Quality ingredients yield exceptional results. 10.9% protein level.



Nutrition Facts

Servings per Container 756
Serving size (30g)

Amount per serving
Calories 110

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 22g	8%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1.3mg	7%
Potassium 0mg	0%

* 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.

* Benefits

Ingredients

WHEAT FLOUR BLEACHED, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID.

⚠ Allergens

Contains:



Handling Suggestions

Store in cool dry location

Serving Suggestions

Dusting flour, Pancakes, Batters, Gravies.

Prep & Cooking Suggestions

Refer to your desired recipe or formula for preparation instructions.

📝 Product Specifications

Brand	Manufacturer	Product Category
GENERAL MILLS	General Mills Inc.	Flour & Cornmeal

MFG #	SPC #	GTIN	Pack	Pack Desc.
16000-54380	004978	10016000543802	1	1 / / cs

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
51lb	50lb	No	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TLxHI	Shelf Life	Storage Temp From/To
23.5in	15.75in	4.85in	1.04ft3	5x10	279DAYS	32°F / 95°F



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Nutrition Analysis - By Serving

Calories	110	Total Fat	0g	Sodium	0mg
Protein	3	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	22g	Saturated Fat	0g	Iron	1.3mg
Sugars	0g	Added Sugars	0g	Potassium	0mg
Dietary Fiber	1g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•	0	Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate	80mg	Riboflavin	0.1mg
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images

