



GENERAL MILLS

005332 - Flour Quick Mix Bleached Malted Enr

Gold Medal(TM) Wondra(TM) is an instantized, quick mixing flour. Available in a 50 lb package, with a 10.9% protein level.



Nutrition Facts

Servings per Container 756
Serving size 1/4cup (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 23g	8%
Dietary Fiber 1g	4%
Total Sugars 1g	
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

An instantized, quick mixing flour milled from a selected blend of hard and soft wheat. Provided in an enriched bleached malted option. Wondra(TM) flour does not require sifting which saves time and labor. Contains a 10.9% protein level. Available in a 50 lb package, which is cost effective for large operations.

Ingredients

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

⚠ Allergens

Contains:



Handling Suggestions

Store in a cool, clean and dry location away from materials with strong odors. Temperature should be less than 80 degrees.
DO NOT EAT RAW DOUGH OR BATTER

Serving Suggestions

Makes deliciously smooth sauces and gravies easily, without lumps. Use it for pop-overs and dusting flour too.

Prep & Cooking Suggestions

Use as an ingredient in your desired recipe or formula.

Raw flour is not ready-to-eat and must be thoroughly cooked before eating. To prevent illness from naturally occurring bacteria in wheat flour, do not eat or play with raw dough or batter; wash hands and surfaces after handling.

📋 Product Specifications

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

MFG #	SPC #	GTIN	Pack	Pack Desc.
16000-58995	005332	10016000589954	1	1 / 50.0 LBR

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...	23g	Saturated Fat	0g	Iron	1.3mg
Sugars	1g	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

