

Organic Bread Flour

Great River Organic Milling is committed to providing quality organic products because we believe they are vital to promoting the cycle of a healthy environment for all. Most of our products are stone-ground to produce a more flavorful and nutritional product. Certified Organic by QAI and Kosher approved, Great River Organic Milling has been providing stone-ground quality for over a quarter of a century.



Great River
ORGANIC MILLING

Stone-ground, Organic
Flours and Mixes

Organic Bread Flours

All of our bread flours are milled from hard red spring wheat grown in the northern plains, usually western North Dakota. We strive to purchase wheat that contains 14 percent protein and strong gluten content.

Stone-Ground Whole Wheat Bread Flour

This is a finely ground flour. The finer bran particles do not cut the gluten strands and therefore the loaf will have good volume, even if no white flour is used. It works well in bread machines that have a whole grain cycle.

Graham Flour

Named after Sylvester Graham, a proponent of the importance of bran in flour, this whole-wheat flour retains a coarse texture of the bran but the base of the flour is fine. Though considered a bread flour, if mixed lightly and quickly, it will make tasty muffins and griddlecakes.

Unbleached Wheat Flour

Great River's own "light whole-wheat" flour. This flour has retained the germ but removed about 80 percent of the bran. It bakes into lighter bread than the 100 percent whole-wheat flour and is therefore acceptable to those used to white bread but wanting to eat more whole grain breads. It also works well in bread machines on whole grain cycles. People who bake artisan hearth breads or European style breads will appreciate this flour.

Organic Bread Flour



Great River
ORGANIC MILLING

118 S. Main, PO Box 185
Fountain City, WI 54629
Phone 608-687-9580
Fax 608-687-3014
www.greatrivermilling.com

Whole Wheat

Nutrition Facts

Serving Size ¼ cup dry (30 g)
Servings per container varies

Amount Per Serving	
Calories 115	Calories from fat 10
% Daily Value*	
Total fat 1 g	2%
Saturated fat 0 g	0%
Cholesterol 1 mg	0%
Sodium 0 g	0%
Total carbohydrate 21 g	7%
Dietary fiber 3 g	12%
Sugars 0 g	
Protein 5 g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total fat	Less than	65 g	85 g
Sat. fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Unbleached Wheat Flour

Nutrition Facts

Serving Size ¼ cup dry (33 g)
Servings per container varies

Amount Per Serving	
Calories 119	Calories from fat 10
% Daily Value*	
Total fat 1 g	2%
Saturated fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 0 g	0%
Total carbohydrate 24 g	8%
Dietary fiber 2 g	8%
Sugars 0 g	
Protein 4 g	

Vitamin A 0% • Vitamin C 0%
Calcium 1% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total fat	Less than	65 g	85 g
Sat. fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Graham Flour

Nutrition Facts

Serving Size ¼ cup dry (30 g)
Servings per container varies

Amount Per Serving	
Calories 115	Calories from fat 10
% Daily Value*	
Total fat 1 g	2%
Saturated fat 0 g	0%
Cholesterol 1 mg	0%
Sodium 0 g	0%
Total carbohydrate 21 g	7%
Dietary fiber 3 g	12%
Sugars 0 g	
Protein 5 g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total fat	Less than	65 g	85 g
Sat. fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g