

Organic Specialty Flours

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

Whole Wheat Pastry Flour

This creamy colored flour is milled from 100 percent soft white winter wheat. The direct opposite of the wheat used for bread flour, this wheat has lower protein (average of 9 percent) and gluten content. The latter component allows for tender baked goods. While some experienced bakers use small amounts in yeast breads, it is more recommended for baking "quick breads" (any non-yeast leavened product) such as pie crust, muffins, cookies, pancakes and biscuits.

Barley Flour

Stone ground from whole, hulled barley, many wheat sensitive people tolerate low-gluten barley flour quite well. Like brown rice, hulled barley is not stripped of its bran layer and so it is higher in fiber than pearled barley. It can be substituted for wheat flour in quick bread recipes.

Brown Rice Flour

Brown rice contains the bran layer of the rice and contains more fiber and nutrients than white rice. This flour, also milled on the stones, is gluten free and acceptable to many gluten intolerant individuals.

Buckwheat Flour

Whole, unhulled buckwheat is milled on hammer mills to avoid the introduction of the black buckwheat hulls into the stone mill system. Only a small amount of the hull is sifted from the flour, so that it retains the traditional speckled color of buckwheat flour.

Corn Meal

This whole grain meal is milled from high-lysine corn. Lysine is an essential amino acid which gives the meal a protein boost as well as more flavor. In addition, the germ and bran remain in the meal adding flavor as well as nutrients.

Corn Flour

Stone-ground to a finer texture than our corn meal, this flour is milled with the same high-lysine corn. Use in baked goods where the good flavor of corn is desired without the coarse texture.

Organic Specialty Flours



Millet Flour

Not widely used as a grain in the U.S. it is a staple in many parts of the world. It is a more complete protein than any of the other grains and is easily digested. As a flour it can be added to any baked good for nutritional enhancement. The national bread of Ethiopia, a flatbread, is made from millet flour.

Multi-grain Flour

A seven-grain flour stone-ground of wheat, brown rice, corn, rye, oats, barley and millet. We are proud of our recipe that is truly MULTI-grain and not just a combination of various forms of wheat. The wide variety of grains makes it a flavorful flour that is suitable for any quick bread baking application. The proportion of wheat is not sufficient to be yeast bread flour, but it can be added to wheat flour in yeast breads for added flavor and nutrition.

Oat Flour

Whole oats are usually steamed to facilitate the flaking process. This steaming also deactivates enzymes, which can make the flour bitter in a short time. Oat flour is another low-gluten flour that is a good substitute for wheat flour in quick bread recipes.

Rye Flour

Rye is a stronger flavored grain than barley or oats, and has been used in breads for centuries. Great River rye flour is whole grain, and stone ground. It is low in gluten so must be combined with wheat to make a loaf of bread. A tasty but dense loaf can be made with 100 percent rye flour for people who are sensitive to wheat.

Spelt Flour

Spelt is technically a variety of wheat that fell out of favor because it has a hull, which must be mechanically removed, and its yield is lower than newer varieties of wheat. Many people who are intolerant of wheat gluten can tolerate spelt gluten. Its gluten is felt to be more easily digested as it is water-soluble.

Wheat Bran

Also called "millers bran" this is the outer layer of the wheat kernel. Its high fiber content allows consumers to add fiber to other foods. It can be used in baked goods or added to hot cereals, soups or stews.



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Organic Specialty Flours

Millet Flour

Nutrition Facts

Serving Size 1/4 cup dry (35 g)
Servings per container varies

Amount Per Serving	
Calories 110	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 26 g	9%
Dietary fiber 2 g	8%
Sugars 1 g	
Protein 6 g	

Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 15%

*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

Oat Flour

Nutrition Facts

Serving Size 1/2 cup dry (40 g)
Servings per container varies

Amount Per Serving	
Calories 150	Calories from fat 35
% Daily Value*	
Total fat 4 g	6%
Saturated fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 5 g	0%
Total carbohydrate 24 g	8%
Dietary fiber 4 g	16%
Sugars 0 g	
Protein 6 g	

Vitamin A 4% • Vitamin C 0%
Calcium 10% • Iron 45%

*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

Spelt Flour

Nutrition Facts

Serving Size 1/3 cup dry (35 g)
Servings per container varies

Amount Per Serving	
Calories 130	Calories from fat 10
% Daily Value*	
Total fat 1 g	2%
Saturated fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 5 g	0%
Total carbohydrate 25 g	8%
Dietary fiber 3 g	12%
Sugars 4 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

Multi-grain Flour

Nutrition Facts

Serving Size 1/4 cup dry (40 g)
Servings per container varies

Amount Per Serving	
Calories 140	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 29 g	10%
Dietary fiber 4 g	16%
Sugars 1 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

Rye Flour

Nutrition Facts

Serving Size 1/4 cup dry (30 g)
Servings per container varies

Amount Per Serving	
Calories 100	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 20 g	7%
Dietary fiber 4 g	16%
Sugars 0 g	
Protein 5 g	

Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 8%

*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	80 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

Wheat Bran

Nutrition Facts

Serving Size 1/4 cup dry (15 g)
Servings per container varies

Amount Per Serving	
Calories 30	Calories from fat 0
% Daily Value*	
Total fat 0 g	0%
Saturated fat 0 g	0%
Cholesterol 0 mg	0%
Sodium .5 mg	0%
Total carbohydrate 10 g	3%
Dietary fiber 7 g	28%
Sugars 0 g	
Protein 2 g	

Vitamin A 0% • Vitamin C 0%
Calcium 1% • Iron 10%

*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



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Organic Specialty Flours

Whole Wheat Pastry Flour

Nutrition Facts

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

Amount Per Serving	
Calories 100 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	23 g 8%
Dietary fiber	4 g 16%
Sugars	0 g
Protein	3 g

Vitamin A 0% • Vitamin C 0%
Calcium 1% • Iron 8%

*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

Brown Rice Flour

Nutrition Facts

Serving Size ¼ cup dry (46 g)
Servings per container varies

Amount Per Serving	
Calories 170 Calories from fat 10	
% Daily Value*	
Total fat	1 g 2%
Saturated fat	0 g 0%
Cholesterol	0 mg 0%
Sodium	5 g 0%
Total carbohydrate	36 g 12%
Dietary fiber	5 g 20%
Sugars	0 g
Protein	4 g

Vitamin A 0% • Vitamin C 0%
Calcium 1.6 mcg • Iron 4%

*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

Corn Flour

Nutrition Facts

Serving Size ¼ cup dry (35 g)
Servings per container varies

Amount Per Serving	
Calories 120 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	27 g 9%
Dietary fiber	3 g 12%
Sugars	0 g
Protein	8 g

Vitamin A 12% • Vitamin C 0%
Calcium 2% • Iron 4%

*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

Barley Flour

Nutrition Facts

Serving Size ¼ cup dry (46 g)
Servings per container varies

Amount Per Serving	
Calories 160 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	34 g 11%
Dietary fiber	8 g 16%
Sugars	0 g
Protein	6 g

Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 10%

*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

Buckwheat Flour

Nutrition Facts

Serving Size ¼ cup dry (28 g)
Servings per container varies

Amount Per Serving	
Calories 92 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	20 g 7%
Dietary fiber	4 g 16%
Sugars	0 g
Protein	3.3 g

Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 2%

*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	80 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

Corn Meal

Nutrition Facts

Serving Size ¼ cup dry (35 g)
Servings per container varies

Amount Per Serving	
Calories 120 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	27 g 19%
Dietary fiber	3 g 12%
Sugars	0 g
Protein	8 g

Vitamin A 12% • Vitamin C 0%
Calcium 2% • Iron 4%

*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	80 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



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