



TYPES OF FLOUR

per 100 g



WHEAT

Energy: 354 kcal
Carbohydrates: 74,22 g
Fibers: 2,7 g
Contains gluten



WHOLE WHEAT

Energy: 332 kcal
Carbohydrates: 74,48 g
Fibers: 13,1 g
Contains gluten



RYE

Energy: 349 kcal
Carbohydrates: 75,43 g
Fibers: 11,8 g
Contains gluten



OAT

Energy: 404 kcal
Carbohydrates: 65 g
Fibers: 6,5 g
May contain gluten



CORN

Energy: 361 kcal
Carbohydrates: 76,85 g
Fibers: 7,3 g
Does not contain gluten



CASSAVA

Energy: 361 kcal
Carbohydrates: 95,1 g
Fibers: 4,6 g
Does not contain gluten



ALMOND

Energy: 582 kcal
Carbohydrates: 20,8 g
Fibers: 12,5 g
Does not contain gluten



RICE

Energy: 366 kcal
Carbohydrates: 80,13 g
Fibers: 2,4 g
Does not contain gluten



FLAXSEED

Energy: 562 kcal
Carbohydrates: 31 g
Fibers: 25 g
Does not contain gluten



CHICKPEA

Energy: 387 kcal
Carbohydrates: 57,82 g
Fibers: 10,8 g
Does not contain gluten