



# BAY STATE MILLING COMPANY

## NUTRITIONAL INFORMATION

("U.S. Adult RDA" - 2,000 Calorie Diet)

ISSUE DATE : MAY-28-14  
 REPLACES : JAN-06-14  
 PREPARED BY: TS

BRAND : GOLDEN TIGER ENR (50LB)  
 GRADE : H50 (0% Whole Grain)  
 PRODUCT: 356500 ID

NUTRIENT	UOM	PER 30 GMS	% RDA	PER 100 GMS	% RDA
Water	g	4.20		14.00	
Calories, By Calculation	kcal	104.10		347.00	
Calories From Fat	kcal	4.48		14.94	
Calories From Saturated Fat	kcal	0.66		2.20	
Protein	g	4.20	8%	14.00	28%
Total Fat	g	0.33	1%	1.11	2%
Carbohydrate, By Difference	g	21.10	7%	70.34	23%
Fiber, Total Dietary	g	0.72	3%	2.40	10%
Soluble Fiber	g	0.31		1.03	
Ash	g	0.17		0.55	
Calcium	mg	7.20	1%	24.00	2%
Iron	mg	1.32	7%	4.41	25%
Magnesium	mg	7.50	2%	25.00	6%
Phosphorus	mg	29.10	3%	97.00	10%
Potassium	mg	30.00	1%	100.00	3%
Sodium	mg	0.60	0%	2.00	0%
Zinc	mg	0.26	2%	0.85	6%
Copper	mg	0.05	3%	0.18	9%
Manganese	mg	0.24	12%	0.79	40%
Vitamin C, Ascorbic Acid	mg	0.00	0%	0.00	0%
Thiamin B-1	mg	0.19	13%	0.64	43%
Riboflavin B-2	mg	0.12	7%	0.40	24%
Niacin B-3	mg	1.59	8%	5.29	26%
Pantothenic Acid B-5	mg	0.13	1%	0.44	4%
Vitamin B-6	mg	0.01	1%	0.04	2%
Folate, Total	mcg	45.00	11%	150.00	38%
Vitamin B-12	mcg	0.00	0%	0.00	0%
Vitamin A, IU	IU	0.00	0%	0.00	0%
Vitamin E (alpha-tocopherol)	mg	0.02		0.05	
Saturated Fat	g	0.07	0%	0.24	1%
Monounsaturated Fat	g	0.04		0.14	
Polyunsaturated Fat	g	0.22		0.73	
Total Trans Fatty Acids	g	0.00		0.00	
Cholesterol	mg	0.00	0%	0.00	0%
Sugars, total	g	0.33		1.10	