



BAY STATE MILLING COMPANY

NUTRITIONAL INFORMATION

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

ISSUE DATE : APR-04-14
 REPLACES : JAN-29-14
 PREPARED BY: TS

BRAND : GOLDEN LION - TRAY PACK (2/25)
 GRADE : G55 (0% Whole Grain)
 PRODUCT: 338500 WN

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	4.05	8%	13.50	27%
Total Fat	g	0.33	1%	1.11	2%
Carbohydrate, By Difference	g	21.24	7%	70.80	24%
Fiber, Total Dietary	g	0.72	3%	2.40	10%
Soluble Fiber	g	0.31		1.03	
Ash	g	0.18		0.59	
Calcium	mg	7.20	1%	24.00	2%
Iron	mg	0.27	2%	0.90	5%
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	0.03	2%	0.10	7%
Riboflavin B-2	mg	0.03	2%	0.10	6%
Niacin B-3	mg	0.30	2%	1.00	5%
Pantothenic Acid B-5	mg	0.13	1%	0.44	4%
Vitamin B-6	mg	0.01	1%	0.04	2%
Folate, Total	mcg	8.70	2%	29.00	7%
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	