



BAY STATE MILLING COMPANY

NUTRITIONAL INFORMATION

ISSUE DATE : APR-10-15
 REPLACES : SEP-30-14
 PREPARED BY: TS

BRAND : PURE MEDIUM RYE (50LB)
 GRADE : RFMR (0% Whole Grain)
 PRODUCT: 517500 WN

NUTRIENT	UOM	PER 30 GMS	% RDA	PER 100 GMS	% RDA
Water	g	3.90		13.00	
Calories, By Calculation	kcal	104.40		348.00	
Protein	g	2.91	6%	9.70	19%
Total Fat	g	0.35	0%	1.18	2%
Carbohydrate, By Difference	g	22.40	8%	74.67	27%
Dietary Fiber (2016)	g	4.38	16%	14.60	52%
Soluble Fiber (2016)	g	0.93		3.10	
Ash	g	0.44		1.45	
Calcium	mg	7.20	1%	24.00	2%
Iron	mg	0.64	4%	2.12	12%
Magnesium	mg	22.50	5%	75.00	18%
Phosphorus	mg	62.10	5%	207.00	17%
Potassium	mg	102.00	2%	340.00	7%
Sodium	mg	0.90	0%	3.00	0%
Zinc	mg	0.60	5%	1.99	18%
Copper	mg	0.09	10%	0.29	32%
Manganese	mg	1.64	71%	5.46	237%
Vitamin C, Ascorbic Acid	mg	0.00	0%	0.00	0%
Thiamin B-1	mg	0.09	8%	0.29	24%
Riboflavin B-2	mg	0.03	2%	0.11	8%
Niacin B-3	mg NE	0.52	3%	1.73	11%
Pantothenic Acid B-5	mg	0.15	3%	0.49	10%
Vitamin B-6	mg	0.08	5%	0.27	16%
Folate	mcg DFE	5.70	1%	19.00	5%
Folic Acid	mcg	0.00		0.00	
Folate, Food	mcg	5.70		19.00	
Vitamin B-12	mcg	0.00	0%	0.00	0%
Vitamin A	mcg RAE	0.00	0%	0.00	0%
Vitamin E (alpha-tocopherol)	mg	0.24	2%	0.79	5%
Vitamin D	mcg	0.00	0%	0.00	0%
Saturated Fat	g	0.06	0%	0.20	1%
Monounsaturated Fat	g	0.06		0.21	
Polyunsaturated Fat	g	0.23		0.77	
Total Trans Fatty Acids	g	0.00		0.00	
Cholesterol	mg	0.00	0%	0.00	0%
Total Sugars	g	0.31		1.04	
Added Sugars	g	0.00		0.00	