



Ultragrain® All-Purpose Flour Blend T-2

	Ultragrain® All-Purpose Flour Blend T-2	Ultragrain® Hard Whole Wheat Flour	Ultragrain® Soft Whole Wheat Flour
Applications	Ultragrain All-Purpose Flour Blends T-2 is the whole grain-rich blend for everything from breads and pizza crusts to muffins, coatings and more. Made with 55% Ultragrain whole wheat flour and 45% premium refined flour, it's ideal in any recipe.	Whole grain breads, bagels, pizzas, soft pretzels, pizza dough, pastas, tortillas, coatings and biscuits.	Whole grain crackers, cookies, cakes and pastries.
Shelf Life	180 days in unopened bag when stored in clean, cool, and dry area. Recommended storage conditions are at least 75°F and 70% relative humidity.		
Frozen or Dry	All flours are shipped dry.		
States or Regions Available	All Ultragrain Flour samples are available on a national basis.		

Visit facebook.com/UltragrainK12 for recipe ideas

Nutritional Information

Ultragrain is the revolutionary whole wheat flour with the taste, texture and appearance of refined white flour. Use Ultragrain Hard or Soft as replacements for traditional whole wheat flour for improved taste, texture and appearance. You can also blend Ultragrain with refined flours to achieve different whole grain percentages. Try Ultragrain All-Purpose Flour Blends in place of refined all-purpose flour.

Amount of Whole Grain Per Serving	55% Ultragrain blended with 45% Premium Enriched Flour	100% Ultragrain Hard	100% Ultragrain Soft
Calories (per 100g)	9 g	30 g	30 g
Protein	350	339	340
Fat Content (per 100g)	11.7% minimum (14% mb)	12.0% minimum (12% mb)	9.0% minimum (12% mb)
Carbohydrates (per 100g)	1.7g	1.9g	2.0g
Fiber (per 100g serving)	73.1g	72.6g	75.4g
Minerals	7.8g	12.2g	12.7g
Potassium	285mg	405mg	435mg
Phosphorous	241mg	346mg	402mg
Magnesium	90mg	138mg	90mg
Calcium	27.7mg	34mg	34mg
Iron	7.1mg	3.9mg	5.4mg
Manganese	2.4mg	3.8mg	3.4mg
Zinc	2.0mg	2.9mg	3.5mg
Copper	0.3mg	0.4mg	0.4mg
Selenium	51.3mcg	70.7mcg	
Vitamins			
Niacin	9.3mg	6.4mg	4.8mg
Vitamin E	0.5mg	0.8mg	1.0mg
Panthenic Acid	0.7mg	1.0mg	0.9mg

Manufacturer & Contact Information

Manufacturer Company Address

Main Telephone #

Website Address

Sales & Sample Contact



Ardent Mills
1875 Lawrence Street, Denver CO 80202

(800) 851-9618

www.ardentmills.com – www.Ultragrain.com

Order Ultragrain through your local distributor, or contact J.M. Swank at 319-626-5907 or www.jmswank.com