

## NUTRITIONAL INFORMATION FOR 1/4 CUP FLOUR

Flour	Calories	Total Fat	Fiber	Protein	Carbs
Almond	160	14	3	6	6
Amaranth	110	2	3	4	20
Buckwheat	100	1	3	4	21
Chestnut	93	1	2	2	20
Chickpea	111	2	5	6	18
Coconut	120	3	12	4	20
Corn flour	110	1	4	2	22
Cornmeal	110	1	5	2	23
Cornstarch	120	0	0	0	28
Flaxseed Meal	120	9	8	3	8
Legumes					
Black bean	120	0	5	8	22
Fava bean	110	1	8	9	19
Garfava	150	3	3	9	23
Soy	120	6	3	10	8
Mesquite	60	0	6	2	12
Millet	110	1	4	3	22
Pea (green)	133	0	11	11	24
Pea (yellow)	150	0	11	11	27
Pure Montina	143	1	9	6	26
Oat	90	2	2	3	16
Potato Flour	160	0	3	4	36
Potato Starch	160	0	0	0	40
Quinoa	120	2	4	4	21
Rice flour (brown)	144	1	2	3	30
Rice flour (white)	145	1	1	2	32
Sorghum (Milo)	120	1	3	4	25
Teff	113	1	4	4	22
Tubers and Roots					
Arrowroot	110	0	0	0	28
Sweet Potato	145	1	2	3	33
Tapioca	100	0	0	0	26
Wild Rice	143	4	2	6	30

*Nutritional data is approximate. Table compiled by Laurel Greene with information from USDA and product manufacturers.*