

Information Taken From Bob's Red Mill Website

Carbs & Fiber In The Following. All nutritional information is taken from Bob's Red Mill website. Each item = ¼ Cup. This is a partial list of ingredients in 21 of the products being produced at the time and **not including:** Miso, Raisins, Honey, Onions, Apples, Buttermilk, and Some Seeds-**all of which have additional carbohydrate.**

¼ Cup	Carbohydrate	Fiber	Net Carbs
Whole Wheat	23	4	19
Millet	22	3	19
Teff	37	4	33
Kamut	21	3	18
Spelt	22	4	18
Rye	21	7	14
Quinoa	18	2	16
Amaranth	20	3	17
Buckwheat	21	4	17
Oat Flour	26	4	22
Barley Flour	23	5	18
Brown Rice Flour	31	2	29
Corn Meal	25	5	20
Wheat Bran	10	6	4
Lentils	27	7	20
13 Bean Mix including: Navy, Black, Red , Pinto, Baby Limas, Large Limas Garbonzo, Kidney, Great Northern Blackeyed Peas, Lentils Yellow & Green Split Peas	25	8	13