

## Carbs in Flours List

Herbs	Serving	Net Carbs	Carbs	Fiber
Acorn Flour	100g	55	55	-
All Purpose Flour	100g	73	76	3
Almond Flour	100g	13	20	7
Almond Meal	100g	7	17	10
Amaranth Flour	100g	58	65	7
Arrowroot	100g	85	88	3
Barley Flour	100g	64	74	10
Barley Malt Flour	100g	71	78	7
Bread Flour, White	100g	72	72	-
Buckwheat Flour	100g	61	71	10
Cake Flour	100g	43	44	1
Cassava Flour	100g	36	38	2
Chia seed flour	100g	18	29	11
Chickpea Flour (Gram/Besan Flour)	100g	47	58	11
Coconut Flour	100g	23	61	38
Corn Flour, White	100g	71	77	6
Corn Flour, Yellow	100g	71	77	6
Corn Meal	100g	78	81	3
Fava Bean Flour	100g	31	56	25
Flax meal	100g	7	38	31
Hazelnut Meal	100g	7	18	11
Lupin Flour	100g	4	40	36
Macademia Nut Flour	100g	5	14	9
Millet Flour	100g	72	75	4
Oat fiber	100g	0	96	96
Oat Flour	100g	60	66	7
Peanut Flour	100g	18	34	16
Pecan Flour	100g	4	14	10
Potato Flour	100g	77	83	6
Pumpkin Seed Meal	100g	8	15	7
Quinoa Flour	100g	75	79	4
Rice Flour, Brown	100g	71	76	5
Rice Flour, White	100g	80	80	1
Rye Flour, Dark	100g	44	68	24
Rye Flour, Light	100g	69	77	8
Rye Flour, Medium	100g	63	75	12
Self Rising Flour	100g	70	70	-
Semolina Flour	100g	69	74	5
Sesame Seed Flour (high fat)	100g	26	26	0
Sorghum Flour	100g	70	77	7

Soy Flour	100g	16	34	18
Sunflower Seed Flour	100g	11	20	9
Tapioca Flour	100g	87	87	-
Teff Flour	100g	58	70	12
Tortilla Flour	100g	46	49	4
Triticale Flour	100g	58	73	15
Unbleached White Flour	100g	68	71	3
Walnut Flour	80g	6	11	5
Whole Wheat Flour	100g	60	71	11

**Values obtained from the USDA Food Composition Database**

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