

Low Carb Flours List

Herbs	Serving	Net Carbs	Carbs	Fiber
Oat fiber	1oz (28g)	-	27	27
Lupin Flour	1oz (30g)	1	12	11
Almond Meal	1oz (28g)	2	5	3
Flax meal	1oz (26g)	2	8	6
Pecan Flour	1 oz (28g)	2	4	2
Walnut Flour	1oz (28g)	2	4	2
Macademia Nut Flour	1oz (28g)	2	4	2
Pumpkin Seed Meal	1oz (28g)	3	10	7
Hazelnut Meal	1oz (28g)	4	8	4
Peanut Flour	1oz (28g)	5	9	5
Soy Flour	1oz (28g)	5	8	3
Chia seed flour	1oz (28g)	5	8	3
Sesame Seed Flour (high fat)	1oz (28g)	8	8	-
Almond Flour	1oz (28g)	8	10	2
Coconut Flour	1oz (28g)	8	18	10
Sunflower Seed Flour	1oz (28g)	9	10	2

Values obtained from the USDA Food Composition Database

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