



# EUROPEAN FOOD IMPORT MARKET

## Buckwheat Flour T170 Technical Data Sheet

### 1. General Information

- **Product Name:** Buckwheat Flour T170
- **Type:** Whole buckwheat flour
- **Category:** Food
- **Appearance:** Coarse dark gray to brown powder with visible bran particles
- **Odor:** Strong, earthy buckwheat smell
- **Taste:** Robust, slightly bitter with a deep buckwheat flavor
- **Origin:** Buckwheat grown in Ukraine
- **Milling Type:** Stone milling
- **Brand:** EFI Market
- **Weight/Quantity:** Available in 1 kg, 2 kg, 5 kg, 10 kg, 25 kg, 40 kg, 50 kg bags
- **Shelf Life:** 9 months from the date of manufacture
- **Storage Conditions:** Store in a cool, dry place, away from moisture and heat sources.

### 2. Packaging

- **Available Formats:** 1 kg, 2 kg, 5 kg, 10 kg, 25 kg, 40 kg (paper bags) / 50 kg (plastic bags)
- **Packaging Type:** Kraft paper or polyethylene bags

### 3. Composition

- **Ingredients:** 100% Whole buckwheat flour
- **Ash Content:** Maximum 1.70%
- **Salt Content:** < 0.01 g per 100 g
- **Peanuts:** No peanuts
- **Non-GMO:** This product does not contain genetically modified organisms
- **Allergens:**
  - **Present:** None
  - **May contain traces of:** Soy, lupin, egg, milk
- **Processing Agents:** No flour processing agents are added (no bleaching or improving agents)
- **Additives:** No artificial additives added

### 4. Nutritional Characteristics (per 100 g of product)

- **Energy:** Approximately 320 kcal (1340 kJ)
- **Fats:** 3.7 g
  - **of which saturated fatty acids:** 0.7 g
- **Carbohydrates:** 61 g
  - **of which sugars:** 1.7 g
- **Dietary Fiber:** 13.0 g
- **Proteins:** 13.5 g
- **Salt:** < 0.01 g
- **Vitamins:**
  - **Vitamin B1 (Thiamine):** 0.17 mg (14% of NRV)



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- **Vitamin B2 (Riboflavin):** 0.09 mg (6% of NRV)
- **Vitamin B3 (Niacin):** 1.8 mg (11% of NRV)
- **Minerals:**
  - **Calcium:** 24 mg (2% of NRV)
  - **Iron:** 2.6 mg (19% of NRV)
  - **Magnesium:** 72 mg (19% of NRV)
  - **Phosphorus:** 125 mg (18% of NRV)
  - **Potassium:** 250 mg (13% of NRV)

### 5. Instructions for Use

- **Main Uses:** Suitable for dense pancakes, hearty breads, and as a gluten-free alternative in rustic baking.
- **Recommended Proportions:**
  - **Pancakes/Crepes:** 500 g of flour for 750 ml of water or milk, 10 g of salt
  - **Bread:** 250 g of flour, 250 g of wheat flour, 10 g of salt, 20 g of baker's yeast
- **Preparation:**
  1. Sift the flour before use to remove larger bran particles if a finer texture is desired.
  2. Mix the flour with other ingredients according to the recommended proportions.
  3. Knead the dough until the desired consistency is achieved.
- **Cooking Time:** Varies according to the recipe, generally between 180°C and 220°C for 15 to 45 minutes.
- **Storage Tips:** Seal the bag tightly after each use to avoid moisture and contamination.

### 6. Safety and Hygiene Standards

- **Compliance:**
  - Complies with current European regulations on cereal products.
  - Certified according to ISO 22000.
- **Hygiene:**
  - Handle with clean hands and in a sanitary environment.
  - Store under hygienic conditions, away from moisture, pests, and contaminants.
  - Avoid cross-contamination with other food products.
- **Safety:**
  - **Inhalation:** Avoid inhaling flour dust, especially in large quantities.
  - **Eye Contact:** In case of contact, rinse immediately with clear water.
  - **Packaging:** Ensure packaging is intact before use to prevent contamination.
  - **Waste:** Dispose of empty packaging according to local waste management regulations.

### 7. Supplier

- **Company Name:** S.A.S Petit Prince de Vendée
- **Brand Name:** European Food Import Market
- **Address:** 2 bis rue Saint-Benoît, 85190 Aizenay, France
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