



Hawai'i 'Ulu Cooperative
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 (808)322-3064 info@eatbreadfruit.com

Product Specification Sheet
 Last updated: 2024-05-14

RECIPES



Product Name:

1:1 'Ulu (Breadfruit) All Purpose Flour (Bulk), Vegan

Item Code: AP-MIXV

General Information:

Ingredients: Breadfruit flour, glutinous rice flour, white rice flour, potato starch, tapioca starch flour, xanthan gum

Allergen Information:

Manufactured in a facility that shares equipment with tree nuts and milk.

Marketing Claims: Gluten Free, Vegan, Hawaii Seal of Quality.



Storage & Shelf Life Information:

Store in an airtight container in a cool, dry place for up to one year.

Packaging Information:

Case Contents: five 5 lb. bags
 Case Net Wt.: 25 lbs.
 Case Dimensions: 18" x 12" x 10"
 Pallet Pattern: 7 cases per layer, 5 layers, 35 cases total

Nutrition Facts			
about 76 servings per container			
Serving size		1/4 cup (30g)	
Calories	Per serving	Per container	
	110	8360	
	% DV*	% DV*	
Total Fat	0g	0%	0g
Saturated Fat	0g	0%	0g
Trans Fat	0g		0g
Polyunsaturated Fat	0g		0g
Monounsaturated Fat	0g		0g
Cholesterol	0mg	0%	0mg
Sodium	0mg	0%	250mg
Total Carbs.	25g	9%	1900g
Dietary Fiber	1g	4%	76g
Total Sugars	< 1g		39g
Incl. Added Sugars	0g	0%	0g
Protein	1g	2%	76g
Vitamin D	0mcg	0%	0mcg
Calcium	5.22mg	0%	397mg
Iron	0.77mg	4%	58.5mg
Potassium	103.16mg	2%	7840mg

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Bag Label:



All-purpose
'ulu flour
 Baking mix
 Vegan & gluten free!

NET WEIGHT 5 LB
 (2.26 kg)
 Best by: 03/05/25
 06424

Packed by
 Hawai'i 'Ulu Cooperative
 895 Kauhūlā Rd.
 Hilo, HI 96720
 www.eatbreadfruit.com
 AP-MIXV

Nutrition Facts Servings: about 76, **Serv. size: 1/4c dry (30g)** Amount per serving **Calories 110**,
Total Fat 0g (0% DV), **Sat. Fat** 0g (0% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium** 0mg (0% DV), **Total Carb.** 25g (9% DV), **Fiber** 1g (4% DV), **Total Sugars** < 1g (incl. 0g Added Sugars, 0% DV), **Protein** 1g (2% DV),
Vit. D 0mcg (0% DV), **Calcium** 5.22mg (0% DV), **Iron** 0.77mg (4% DV), **Potassium** 103mg (2% DV)

Ingredients: Breadfruit flour, glutinous rice flour, white rice flour, potato starch, tapioca starch flour, xanthan gum. **Manufactured on shared equipment with milk and tree nuts.**
Storage: Store in an airtight container in a cool, dry place.



All-purpose
'ulu flour
 Baking mix
 Vegan & gluten free!

NET WEIGHT
 1 LB (454g)

Best by: 4/9/26
 10024

Packed by
 Hawai'i 'Ulu Cooperative
 895 Kauhūlā Rd.
 Hilo, HI 96720
 www.eatbreadfruit.com
 AP-MIXV-R

Nutrition Facts Servings: about 15, **Serv. size: 1/4c dry (30g)** Amount per serving **Calories 110**,
Total Fat 0g (0% DV), **Sat. Fat** 0g (0% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium** 0mg (0% DV), **Total Carb.** 25g (9% DV), **Fiber** 1g (4% DV), **Total Sugars** < 1g (incl. 0g Added Sugars, 0% DV), **Protein** 1g (2% DV),
Vit. D 0mcg (0% DV), **Calcium** 5.22mg (0% DV), **Iron** 0.77mg (4% DV), **Potassium** 103mg (2% DV)

Ingredients: Breadfruit flour, glutinous rice flour, white rice flour, potato starch, tapioca starch flour, xanthan gum. **Manufactured on shared equipment with milk and tree nuts.**
Storage: Store in an airtight container in a cool, dry place.

BEST BY DATE: MM/DD/YYYY

Case Label:



All-purpose
'ulu flour
 Baking mix
 Vegan & gluten free!

NET WEIGHT 25 LBS
 (11.3 kg)
 Contains five, 5-lb. bags
 Best by: 04/23/26
 11424

Packed by
 Hawai'i 'Ulu Producers
 Cooperative
 895 Kauhūlā Rd.
 Hilo, HI 96720
 www.eatbreadfruit.com
 AP-MIXV

Manufactured on shared equipment with milk and tree nuts.
Storage: Store in an airtight container in a cool, dry place.



All-purpose
'ulu flour
 Baking mix
 Vegan & gluten free!

NET WEIGHT
 5 LB (2.26 kg)
 Contains five, 1-lb. bags
 Best by: 04/23/26
 11424

Packed by
 Hawai'i 'Ulu Producers
 Cooperative
 895 Kauhūlā Rd.
 Hilo, HI 96720
 www.eatbreadfruit.com
 AP-MIXV-R

Manufactured on shared equipment with milk and tree nuts.
Storage: Store in an airtight container in a cool, dry place.

LOT CODE: DAY+YR
DAY = day of manufacturing,
 i.e. 341 is Dec 7th
YR = current year