

	Tapioca Starch	Potato Starch	Corn Starch	White Rice Flour	Enriched White Wheat Flour	Enriched Whole Wheat Flour	Best Chickpea Flour	Best Whole Yellow Pea Flour
Protein (g)	0	0.2	0.3	9.4	16.08	18.56	25.7	24.7
Fiber (g)	0	0	1.2	3.8	3.6	11.3	17.3	20.6
Carbohydrates (g)	119	158	117	127	100.16	99.17	73	71
Iron (mg)	0	2.9	0.6	0.6	6.59	4.31	6.8	5.4
Calcium (mg)	0	19	3	16	18	34	92	90
Zinc (mg)	0	N/A	0.1	1.3	1.28	3.9	3.5	3.9
Magnesium (mg)	0	N/A	4	55	38	147	169	144
Thiamin (mg)	0	0	0	0.22	.94	.506	0.7	0.73
Riboflavin (mg)	0	0	0	0.03	.53	.136	0.16	0.15
Folate (mcg)	0	N/A	0	55	283	83	334	15

- Chart excerpted from Gluten-Free Diet: A Comprehensive Resource Guide by Shelley Case, RD
- Pulse flours analysed by Silliker Canada June '10
- Nutrient information based on one cup of flour