



Bella Accents Full-Page Flour Comparison Chart

Flour	Gluten-Free	Protein	Grain Type	Flavor	Uses	Benefits
All-Purpose Flour	No	10-12%	Wheat	Neutral	Baking, breads, cookies, cakes	Versatile, good structure
Coconut Flour	Yes	18-20%	Nut-based	Sweet, coconutty	Low-carb baking, pancakes	High fiber, low glycemic
Almond Flour	Yes	21-23%	Nut	Nutty, rich	Paleo recipes, pastries	High protein, nutty flavor
Buckwheat Flour	Yes	13-15%	Seed	Earthy, strong	Pancakes, crepes, soba noodles	Rich in minerals, hearty flavor
Corn Flour	Yes	6-8%	Grain	Sweet, corn-like	Tortillas, muffins, breads	Sweet, fine texture
Flax Seed Meal	Yes	18-20%	Seed	Nutty, bold	Egg substitute, smoothies, baking	Omega-3s, fiber-rich
Chickpea Flour	Yes	20-22%	Legume	Savory, beany	Fritters, flatbreads, falafel	High in plant-based protein
Spelt Flour	No	12-14%	Ancient grain	Nutty, slightly sweet	Breads, pasta, muffins	Easy to digest, nutty taste
Peanut Flour	Yes	40-50%	Legume	Deep, roasted nutty	Smoothies, baking, sauces	High protein, nutty flavor
Green Banana Flour	Yes	3-4%	Fruit-based	Mild, starchy	Smoothies, baking, thickener	Prebiotic fiber, low sugar