A Pound of Wheat Makes How Much Flour?

My answer is that it depends. Depends on what? The type of wheat being milled (we grow six classes of wheat in the USA, these are hard red winter, hard red spring, soft red winter, Durum, hard white and soft white.) Also, the type of flour being produced (white flour or whole wheat flour).

My answer to the question, thanks to the Wheat Foods Council, is listed below.

- One bushel of wheat (60 pounds) will yield about 42 pounds of white flour or about 60 pounds of whole wheat flour.
- One bushel of wheat will yield 42 commercial loaves of white bread (one and a half pound loaves) or 90 one-pound loaves of whole wheat bread.
- There are approximately 16 ounces of flour in a one and a half pound loaf of bread.
- Just so you’ll know, a bushel of wheat makes about 42 pounds of pasta or 210 servings of spaghetti.
- Wheat yield per acre varies from farm to farm due to weather conditions, type of wheat planted, fertility rates used, etc. Realistically, using modern farming techniques, most Oklahoma farmers have a good possibility (with a good growing season) to produce 50 bushel of wheat per acre. One acre of 50 bushel wheat is producing 3000 pounds of wheat or 2100 pounds of white flour or 3000 pounds of whole wheat flour.