

Abstract

Provided is wheat flour that can be shaken out of a shaker-type container onto a foodstuff in small amounts with little scattering and lumping. Provided is a packaged wheat flour including wheat flour packed in a shaker-type container having one or more shaker holes having a maximum width of 2 to 20 mm, the wheat flour having a particle diameter at 10%, D10, of 18 μm or more and a particle diameter at 90%, D90, of 500 μm or less.