

Wheat Comparison Chart

	Avg. Protein Content	Chromosomes	Digestibility	Gluten Elasticity	Recommended For	Notable Baking Traits	Water Absorption of Flour	Botanical Name
Hard Red	12.5%	42	More Difficult	Strong	Yeast Bread, Bagels, Pizza	Robust, wheaty, slightly nutty & malty. Chewy, open, irregular crumb. High volume, springy bite.	62–68%+	<i>triticum aestivum</i>
Hard White	12%	42	More Difficult	Strong	Yeast Bread, Bagels, Pizza	Light-colored, kid-friendly. Mild, sweet, clean wheat. Chewy, open crumb.	62–70%	<i>triticum aestivum</i>
Soft Red	9.5%	42	More Difficult	Weak	Quick Breads, Cakes & Pastries	Very mild, slightly sweet, clean. Ultra-tender, melt-in-mouth crumb. Known as "Southern" wheat.	80–100%	<i>triticum aestivum</i>
Soft White	8.5%	42	More Difficult	Weak	Quick Breads, Cakes & Pastries	Mild, sweet, clean wheat. Tender, delicate crumb.	80–100%	<i>triticum aestivum</i>
Spelt	12.5%	42	Moderate	Moderate	Breads* & Pastries	Nutty, earthy, slightly sweet. Medium open crumb.	64–70%	<i>triticum spelta</i>

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Khorasan	15%	28	Good	Moderate	Breads* & Pastries	Rich, nutty, buttery, and slightly sweet. Forms extensible dough without gumminess.	66–72%	<i>triticum turanicum</i>
Durum	14%	28	Good	Strong	Pasta	Clean, wheaty, slightly sweet. Extremely firm, elastic bite.	48–52%	<i>triticum durum</i>
Emmer	15%	28	Good	Weak-Moderate	Breads* & Pastries	Intensely nutty, earthy, slightly sweet. Chewy crumb.	62–68%	<i>triticum dicoccum</i>
Einkorn	13.5%	14	Best	Weak	Breads* & Pastries	Oldest variety. Rich, buttery, sweet-nutty. Tender, crumbly crumb.	58–64%	<i>triticum monococcum</i>
Rye	12.5%	14	Best	Weak	Breads* & Pastries	Intense, tangy, slightly sour. Dense, chewy, moist crumb in bread. Dough becomes very sticky; gentle, slow kneading is best.	80%+	<i>secale cereale</i> **
Barley	12%	14	Best	Weak	Soups, Casseroles & Flat breads	Versatile grain. Mildly nutty, earthy, slightly sweet. Produces thick, starchy broth. Dense, moist crumb.	90–110%	<i>hordeum vulgare</i> **

*Since the gluten elasticity in this wheat isn't strong, we recommend combining it with modern wheat or adding vital wheat gluten to achieve a better rise and a more open crumb.

**This grain isn't technically wheat because it's not in the triticum genus, but like wheat, it's a cereal grain in the grass family, and it contains gluten, so its baking properties are similar. Because of its similarities to wheat, we've included it in this chart.