The amount of gluten-forming protein matters in flour. The amount of gluten-forming protein in flour determines the final structure of your baked goods. Higher protein flour creates more gluten, for a chewier structure, while lower protein flour creates less, for a delicate, finer crumb.

**INGREDIENTS:**

100% Hard Red Whole Wheat Flour.

**DISTRIBUTED BY**

KING ARTHUR BAKING COMPANY, INC.
NORWICH, VERMONT 05055
KingArthurBaking.com | 800-827-6836

**SAFE HANDLING INSTRUCTIONS:**

2. Keep flour in its original, airtight container.
3. Do not eat or play with raw dough; wash hands, utensils, and surfaces after handling. Allow oven, stove, and utensils to cool before handling.

**NUTRITION FACTS**

- **Calories:** 100
- **Total Fat:** 1g
- **Saturated Fat:** 0g
- **Trans Fat:** 0g
- **Cholesterol:** 0mg
- **Sodium:** 0mg
- **Potassium:** 100mg
- **Total Carbohydrate:** 21g
- **Dietary Fiber:** 3g
- **Sugars:** 0g
- **Protein:** 1g
- **Vitamin A:** 0%
- **Vitamin C:** 0%
- **Calcium:** 0%
- **Iron:** 1%

**RAISE YOUR FLOUR IQ**

**BAKING WITH WHOLE WHEAT**

 Treasury of good flour should taste good. Whole wheat imparts deep, robust flavor along with the nutrition and fiber of whole grains; Win-win.

**QUALITY & CONSISTENCY**

Delicious results, every time! We test bake (yum!) our flour to ensure it meets our strict standards — the strictest in the industry.

**NEVER BLEACHED, NEVER BROMATED**

Our flours contain no bleach, no bromate, and no artificial preservatives of any kind.

**100% AMERICAN GROWN**

We support American farmers who grow and mill our flour in the United States. All of our wheat flour is grown and milled in the United States.

**FOR CONSISTENT RESULTS**

We recommend weighing ingredients. 1 cup of Whole Wheat Flour = 113g

**YIELD:** 1 loaf