

SPECIALTY FLOUR



100% EMPLOYEE OWNED



DELI-STYLE  
**Rye Flour**  
BLEND

FOR DISTINCTIVE RYE BREAD FLAVOR



Ⓢ NET WT 48 OZ (3 LBS) 1.36 kg

Ideal for rye loaves, sourdough breads, buns, and rolls.

## Rye Flour Blend

Our Rye Flour Blend combines white and medium rye flours, pumpernickel, and unbleached all-purpose flour for full rye flavor and a lighter, loftier texture.

### How To Bake With It

- Perfectly balanced for peak performance, this blend of rye flours and all-purpose is a great way to start baking with rye.
- Visit [KingArthurBaking.com](http://KingArthurBaking.com) for more recipes using Rye Flour Blend, like Whole Wheat and Rye Sourdough Bread or Bacon-Onion Rye Rolls.

## OUR RECIPE FOR Light Rye Bread

2 cups (212g) King Arthur Rye Flour Blend  
1 ¾ cups (210g) King Arthur Unbleached All-Purpose Flour  
2 tablespoons (23g) potato flour  
or 3 tablespoons (16g) potato flakes  
¼ cup (28g) nonfat dry milk  
2 teaspoons instant yeast  
1 tablespoon caraway seeds (optional)  
2 tablespoons (25g) vegetable oil or (28g) butter  
1 ½ cups (340g) water, lukewarm

- Whisk dry ingredients, then add oil or butter and water. Cover and let rest 15 minutes. Turn out onto lightly greased surface and knead to form stiff, sticky dough. Avoid adding extra flour, which will make bread dry. Place in greased bowl. Cover and let rise 1 ½ hours.
- Gently deflate dough and shape into log. Place in greased 9" x 5" loaf pan. Cover and let rise 45 minutes, until increased in size by ½. Spritz lightly with water or oil for shiny crust.
- Bake in preheated 375°F oven 35-40 minutes, until golden brown and digital thermometer inserted into center reads 190°F-200°F.
- Cool completely on rack.

Yield: 1 loaf

## Nutrition Facts

about 45 servings per container	
<b>Serving size</b>	<b>1/4 cup (30g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>100</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.7mg	4%
Potassium 110mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** King Arthur Unbleached Flour (wheat flour, enzyme or malted barley flour), Organic Whole Rye Flour, White Rye Flour, Medium Rye Flour.

**CONTAINS:** Wheat.

KING ARTHUR BAKING COMPANY, INC.  
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800-827-6836 | [KingArthurBaking.com](http://KingArthurBaking.com)

For information on allergens and cross-contact prevention, visit: [KingArthurBaking.com/Allergen-Program](http://KingArthurBaking.com/Allergen-Program)

Store cool and dry.

**DO NOT EAT RAW FLOUR, DOUGH, OR BATTER.**



### WE'RE HERE TO HELP.

Call or chat online with our friendly, experienced bakers.

**BAKER'S  
HOTLINE**

**855.371.BAKE (2253)**

[KingArthurBaking.com/Bakers-Hotline](http://KingArthurBaking.com/Bakers-Hotline)

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Corporation

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