

> 100% EMPLOYEE OWNED



# KETO WHEAT BAKING FLOUR



1:1 SUBSTITUTE

NET CARBS  
**4g\***

NET WT 16 OZ (1LB) 454g



\*8G TOTAL CARBS - 4G DIETARY FIBER = 4G NET CARBS PER SERVING



## HOW TO BAKE WITH IT

- Substitute 1:1 by volume for all-purpose flour.
- **For yeasted recipes:** Increase the liquid in the dough by 2 tablespoons per cup of Keto Wheat Baking Flour. Just 5 minutes of gentle mixing and kneading is sufficient.
- **For biscuits and pie crust:** Increase the liquid by 25% for a softer, more tender result.

## KETO-FRIENDLY BREAD

MAKES 1 LOAF (18 SLICES) | 3g NET CARBS PER 45g SERVING

### YOU'LL NEED

- 3½ CUPS (420g) KING ARTHUR KETO WHEAT BAKING FLOUR
- 1½ CUPS (340g) COOL WATER
- 1 TEASPOON WHITE VINEGAR
- 1½ TEASPOONS INSTANT YEAST
- 1¼ TEASPOONS (8g) SALT
- 2 TABLESPOONS (28g) SOFTENED BUTTER

## DIRECTIONS

- 1. COMBINE** all ingredients and mix and knead to make smooth dough. Cover and let rest at room temperature for 15 minutes.
- 2. SHAPE** dough into 9" log and place in lightly greased 9" x 5" loaf pan. Cover pan loosely with plastic wrap and let bread rise for 1 1/2 to 2 hours, until crowned about 1" over rim of pan.
- 3. BAKE** bread in preheated 350°F oven for 30 to 35 minutes, until deep golden brown. Remove from oven, turn onto rack, and cool completely before slicing.

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## Nutrition Facts

15 servings per container	
<b>Serving size</b>	<b>1/4 cup (30g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>110</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 55mg	<b>2%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 17g	<b>15%</b>
Vitamin D 0mcg	0%
Calcium 19mg	2%
Iron 2mg	10%
Potassium 40mg	0%

\*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:** VITAL WHEAT GLUTEN, WHEAT PROTEIN, KING ARTHUR UNBLEACHED FLOUR (WHEAT FLOUR, ENZYME OR MALTED BARLEY FLOUR), WHEAT FIBER, WHEY, SUNFLOWER OIL, BUTTERMILK, CELLULOSE GUM, NATURAL FLAVOR.

**CONTAINS:** MILK, WHEAT.

**DISTRIBUTED BY**  
KING ARTHUR BAKING COMPANY, INC.  
NORWICH, VERMONT 05055  
800-827-6836 | [KingArthurBaking.com](https://www.KingArthurBaking.com)

For information on allergens and cross-contact prevention, visit: [KingArthurBaking.com/allergen-program](https://www.KingArthurBaking.com/allergen-program)

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

This is a low glycemic index product.  
Glycemic Index (GI): 31 | Glycemic Load (GL): 1

**PRODUCT OF THE USA.**



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