

KETO WHEAT BAKING FLOUR







NET WT 16 OZ (1 LB) 454g



*14G TOTAL CARBS - 10G 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 3 tablespoons per cup of Keto Wheat Baking Flour. Just 5 minutes of gentle mixing and kneading is all you need.
- > 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

- 3¹/₂ CUPS (420g) KING ARTHUR KETO WHEAT BAKING FLOUR
- 1¹/₂ CUPS (340g) WATER, LUKEWARM
- 1 TEASPOON WHITE VINEGAR
- 1¹/₂ TEASPOONS INSTANT YEAST
- 1¼ TEASPOONS (8g) SALT
- 2 TABLESPOONS (28g) BUTTER, SOFTENED

DIRECTIONS

- COMBINE all ingredients; 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 1½ 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.

BEST IF USED BY:





Nutrition Facts

15 servings per container Serving size 1/4 cup (30g) Amount per serving Calories % Daily Value Total Fat 1g 1% Saturated Fat 0g 0% Trans Fat 0g Cholesterol 5mg 2% Sodium 65mg 3% Total Carbohydrate 14g 5% Dietary Fiber 10g 36% Total Sugars 0g Includes 0g Added Sugars 0% Protein 12g 0% Vitamin D 0mcq Calcium 32mg 2% 6% Iron 1mg 0% Potassium 31mg *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, MODIFIED WHEAT STARCH, KING ARTHUR UNBLEACHED FLOUR (WHEAT FLOUR, ENZYME), WHEY PROTEIN CONCENTRATE, CELLULOSE & PSYLLIUM FIBER BLEND, CELLULOSE GUM, XANTHAN GUM.

CONTAINS: MILK, WHEAT.

DISTRIBUTED BY

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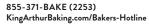
For information on allergens and cross-contact prevention, visit: KingArthurBaking.com/Allergen-Program

DO NOT EAT RAW FLOUR, DOUGH, OR BATTER.

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We're committed to using the power of business as a force for social and environmental good.