

> 100% EMPLOYEE OWNED



KETO WHEAT

BAKING FLOUR



1:1 SUBSTITUTE

NET CARBS
4g*

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

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

DIRECTIONS

- 1. 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:

FOLLOW US!

@KingArthurBaking
[KingArthurBaking.com](https://www.kingarthurbaking.com)



400693

Nutrition Facts

15 servings per container
Serving size 1/4 cup (30g)

Amount per serving
Calories **80**
% 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	
Vitamin D 0mcg	0%
Calcium 32mg	2%
Iron 1mg	6%
Potassium 31mg	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, 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
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.

PRODUCT OF THE USA.



WE'RE HERE TO HELP.

Call or chat online with our friendly, experienced bakers.

855-371-BAKE (2253)
[KingArthurBaking.com/Bakers-Hotline](https://www.KingArthurBaking.com/Bakers-Hotline)



We're committed to using the power of business as a force for social and environmental good. Learn more at [BCorp.com](https://www.BCorp.com)