



# IRISH- STYLE FLOUR

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This coarsely ground wholemeal flour gives texture and flavor to traditional Irish breads. Use in any whole wheat quick bread or muffin recipe.

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Ⓢ NET WT 48 OZ (3 LBS) 1.36kg

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# Nutrition Facts

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

Amount per serving

**Calories 100**

% Daily Value\*

**Total Fat** 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 0mg 0%

**Total Carbohydrate** 22g 8%

Dietary Fiber 4g 14%

Total Sugars 0g

Includes 0g Added Sugars 0%

**Protein** 3g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 1.2mg 6%

Potassium 120mg 2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet.

## OUR RECIPE FOR IRISH BROWN BREAD

4 cups King Arthur Irish-Style Flour  
2 to 3 tablespoons sugar  
1 teaspoon salt  
1 teaspoon baking soda  
2 teaspoons baking powder  
1 1/2 cups buttermilk  
2 tablespoons oil or melted butter

In a large bowl, stir together flour, sugar, salt, baking soda, and baking powder.

Make a well in dry ingredients and pour in buttermilk and oil or butter. Stir together until blended — some lumps will remain.

Turn out onto a floured board and knead about 10 times, or until dough holds together. Form into a large ball and place on a lightly greased baking sheet. Cut a deep cross in the top.

Bake in a preheated 400°F oven for approximately 40 minutes, or until a cake tester inserted into center comes out clean.

**Yield:** 1 large round loaf, 10" to 12" in diameter.

### INGREDIENTS: Whole Wheat Flour.

THE KING ARTHUR FLOUR COMPANY, INC.  
NORWICH, VERMONT 05055  
800 827 6836 | KingArthurFlour.com

Produced on equipment that also processes eggs, milk, soy, almonds, hazelnuts, pecans, walnuts, and coconut.

Store cool and dry.

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

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