

> 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) 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.

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## 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.

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