HIGH-GLUTEN FLOUR

Our seriously robust bread flour is exceptionally high in gluten, helping you bake chewy artisan breads.

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 110

% Daily Value*

Total Fat 0g 0%
Sodium 0mg 0%
Total Carbohydrate 21g 8%
  Dietary Fiber 1g 4%
Protein 4g

Iron 0.4mg 2%

Not a significant source of saturated fat, trans fat, cholesterol, total sugars, added sugars, vitamin D, calcium and potassium.

*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.

OUR RECIPE FOR
BAGELS

DOUGH:
1 tablespoon instant yeast
4 cups King Arthur High
Gluten Flour
2 teaspoons salt
1 tablespoon non-diastatic malt
powder or brown sugar
1 1/2 cups lukewarm water

WATER BATH:
2 quarts water
1 tablespoon sugar
2 tablespoons non-diastatic malt
powder or brown sugar

Mix dough ingredients to make a very stiff dough. Place in a lightly greased bowl, cover, and let rise until puffy, 1 to 1 1/2 hours.

Divide into eight balls. Cover with plastic wrap and let rest for 30 minutes.

Heat water, sugar, and malt powder to a gentle boil in a large, wide-diameter pan. Preheat oven to 425°F. Poke a 2” wide hole through each ball; bagel will be about 4” across. Place on a lightly greased or parchment-lined baking sheet, and let rest for 10 minutes.

Gently lower bagels, 3 or 4 at a time, into simmering water for 2 minutes. Gently flip over, and simmer 1 minute more. Place on baking sheet. Sprinkle with seeds, if desired. Bake for 20 to 25 minutes, or until golden brown. Cool completely on a rack.

Yield: 8 bagels.

INGREDIENTS: Hard Spring Wheat, Malted Barley Flour.

CONTAINS: Wheat.

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.