ITALIAN-STYLE FLOUR

Our version of Italian “00” flour is a little more laid-back than all-purpose. Lower in protein and mellower, it yields the friendliest, gentlest dough to work with: supple, smooth, and easy to shape.
### Nutrition Facts

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

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>Calories</th>
<th>110</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>% Daily Value</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat 0g</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Sodium 0mg</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong> 23g</td>
<td>8%</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber 1g</td>
<td>4%</td>
<td></td>
</tr>
<tr>
<td>Total Sugars 0g</td>
<td></td>
<td></td>
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<tr>
<td>Includes 0g Added Sugars</td>
<td>0%</td>
<td></td>
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</tbody>
</table>

**Protein 2g**

Vitamin D 0mcg 0%  
Calcium 10mg 0%  
Iron 0.4mg 2%  
Potassium 40mg 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.

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### OUR RECIPE FOR

**LIGHT-AS-AIR FOCACCIA**

**DOUGH:**

- 3 3/4 cups Italian-Style Flour
- 2 tablespoons Pizza Dough Flavor (optional)
- 1 1/2 teaspoons salt
- 2 teaspoons instant yeast
- 2 tablespoons olive oil
- 1 cup plus 2 to 4 tablespoons water*

**TOPPING:**

- 1 to 2 tablespoons olive oil
- Coarse salt
- Snipped fresh rosemary, or dried rosemary

* Start with lesser amount of water, adding more if needed to make a soft dough.

Mix together dough ingredients, and knead briefly, 5 to 6 minutes, by hand or in a mixer. If you’re using a bread machine, knead for about 8 minutes. Cover dough and let rest for 15 minutes. Remove from bowl and fold over a few times to redistribute the growing yeast.

Place on a lightly greased or parchment-lined baking sheet, and pat into a 10” x 15” rectangle. Brush with olive oil, and sprinkle lightly with coarse salt and rosemary. Cover with a piece of lightly greased plastic wrap, and set in a warm place to rise for about 30 minutes.

Just before baking, use your fingers to gently dimple the top, every 2” or so. Bake in preheated 425°F oven for 15 to 18 minutes, until golden brown. Remove from oven and cool slightly before cutting into squares.

**Yield:** about a dozen 4” squares.

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### INGREDIENTS:

Soft Red Winter Wheat.

**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.**