IRISH-STYLE FLOUR

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

© NET WT 48 OZ (3 LBS) 1.36kg

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### Nutrition Facts

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

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>Calories</th>
<th>100</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>% Daily Value</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>0.5g</td>
<td>1%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>22g</td>
<td>8%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>4g</td>
<td>14%</td>
</tr>
<tr>
<td>Total Sugars</td>
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<td>0%</td>
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<tr>
<td>Includes 0g Added Sugars</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>3g</td>
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</tbody>
</table>

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

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### 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.

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### INGREDIENTS:

**Whole Wheat Flour.**

THE KING ARTHUR FLOUR COMPANY, INC.  
NORWICH, VERMONT 05055  
800 827 6836 I 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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