



12-GRAIN ARTISAN BREAD FLAVOR

Takes bread from average to artisan in one easy step.

Includes rye, sunflower seeds, corn grits, cracked wheat, flax, sesame, barley, buckwheat, millet, oats and more.

Substitute 1/4 to 1 cup of flour in your recipe; adjust up or down to taste.

Can be used for both bread machines and handmade recipes.

3897

© NET WT 10 OZ (283g)

KING ARTHUR FLOUR | NORWICH, VERMONT 05055

kingarthurfLOUR.com | 800.827.6836

Nutrition Facts

Serving Size 1 Tablespoon (9g)
Servings Per Container about 31

Amount Per Serving

Calories 35 **Calories from Fat 10**

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 5g **2%**

Dietary Fiber 1g **4%**

Sugars 0g

Protein 1g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: SUNFLOWER SEEDS, RYE FLOUR, RYE MEAL, CORN GRITS, CRACKED WHEAT, FLAX SEED, SESAME SEED, BARLEY FLAKES, ROLLED OATS, SOY BRAN, MILLET, WHEAT BRAN, RYE MALT, CRACKED BUCKWHEAT, RICE FLOUR, TRITICALE, MALTED BARLEY FLOUR, SPICES.

CONTAINS: SOY, WHEAT.

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Looking for recipes using
this product?

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

Store cool and dry.

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Do not eat raw flour, dough or batter.

