



hi-maize® natural fiber

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### Nutrition Facts

Serving Size about 1 1/2 Tbsp. (11g)  
Servings Per Container about 31

Amount Per Serving

**Calories 20**      **Calories from Fat 0**  
% Daily Value\*

**Total Fat 0g**      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 0mg**      **0%**

**Total Carbohydrate 11g**      **4%**

Dietary Fiber 7g      **26%**

Sugars 0g

**Protein 0g**

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

INGREDIENTS: RESISTANT CORNSTARCH.

DISTRIBUTED BY

THE KING ARTHUR FLOUR COMPANY, INC.

Norwich, Vermont 05055

800.827.6836 • kingarthurfour.com

Nutrition information is for product as packaged.

Hi-maize® is a registered trademark of

Ingredion Incorporated.

Do not eat raw flour, dough or batter.

Produced in a GFCO-certified gluten-free facility.



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## hi-maize® natural fiber

**fiber** without the fuss. Hi-maize® Natural Fiber is the easy way to a healthier diet. This natural, gluten-free dietary fiber is derived from a special variety of corn. One serving of Hi-maize® (about 1 1/2 tablespoons) contains 7g non-soluble dietary fiber – about 25% of the suggested daily requirement.

**how it works** Hi-maize® is a “resistant starch,” a beneficial dietary fiber. Hi-maize® combines the health benefits of resistant starch (including prebiotic properties), and the texture benefits of a high quality carbohydrate – e.g., white flour.

**substitute** Hi-maize® for up to 1/4 to 1/3 of the flour in your baked goods; adjust up or down to taste.

See Hi-maize® recipes at [kingarthurfour.com/recipe](http://kingarthurfour.com/recipe). Use Hi-maize® in everything from pancakes and waffles to cake, pizza crust, whole wheat bread – and more. Also add to soups, sauces, and smoothies.

Bakers know that great results in the kitchen start with great ingredients. King Arthur Flour has been producing America's purest, finest flour since 1790.

We source top-quality ingredients and put centuries of King Arthur Flour baking expertise into our assortment of premium ingredients. We believe there's nothing like homemade.

Find our complete assortment of mixes, ingredients, pans, baking tools, and delicious recipes online: [kingarthurfour.com](http://kingarthurfour.com).

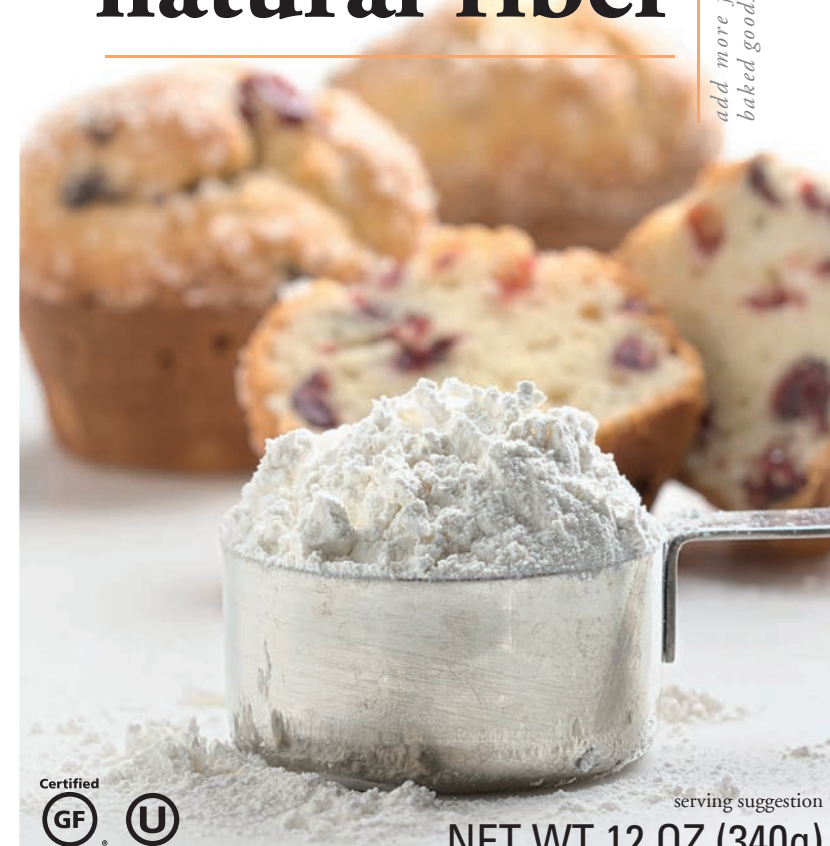
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100% COMMITTED TO QUALITY.

Printed on 100% recycled (minimum 35% post-consumer) content. PLEASE RECYCLE.

We keep the best interests of our employees, our community, and the environment top of mind in everything we do.

## hi-maize® natural fiber

add more fiber to your baked goods the easy way



NET WT 12 OZ (340g)



hi-maize® natural fiber  
Best if used by: