KING ARTHUR® FLOUR

whole flax seed

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produced in a GFCO-certified gluten-free facility

wheat free

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King Arthur Flour **flax seed** is produced in the U.S.A., just like our wheat flour. Pure of imperfection and uniform in color and shape, our flax seeds look and taste great wherever you use them. What's more, our flax seed is traceable all the way back to the farm in which it was produced.

enjoy ground flax sprinkled over yogurt, blended into your smoothies, added to your baked goods, or cooked into meatloaf or chili.

Use whole flax seeds to add nutty crunch to bread, rolls, crackers and muffins. Or use a small grinder to grind your seed into a coarse meal or fine powder.

ground flax

may be used to replace some of the fat or eggs in a recipe.

Don't replace both the eggs and the fat with flax in the same recipe.

wheat free Whole Flax meal is packed in a dedicated gluten-free facility.

1 tablespoon fat = 3 tablespoons flax

to replace fat

For each **Tbsp** of butter, shortening or vegetable oil, use **3 Tbsp of ground flax**. Start by replacing about 1/2 of the fat in any recipe. Gradually increase the amount you replace. Grease pans well as some lower fat items tend to stick.

to replace eggs

For every egg being replaced, mix **1 Tbsp ground flax with 3 Tbsp water** and let sit for 10 minutes. The mixture will become gel-like. Add to your recipe as you would an egg.

The golden color of King Arthur Flour Whole Flax Seed beautifully complements baked goods. Sprinkle seeds on and in baked goods, smoothies, and cereal for a yummy crunch.

Recommended Storage
Flax seeds may be stored at cool room temperature. After grinding, keep flax meal tightly sealed in your refrigerator or freezer.

Find delicious, kitchen-tested flax recipes at kingarthurflour.com.

We guarantee that your experience with this product will be enjoyable, fulfilling and, most of all, great-tasting for the whole family.

100% EMPLOYEE OWNED.
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.

flax seed

Whole golden flax seeds add a mild, nutty crunch to your foods.

resealable bag inside

100% U.S. grown

Certified GF Gluten-Free

enlarged to show detail

NET WT 1 LB (16 OZ) 454g

Nutrition Facts

Serving Size 2 Tablespoons (15g)
Servings Per Container About 30

Amount Per Serving	
Calories 80	Calories from Fat 60
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 4g	**1%**
Dietary Fiber 4g	**16%**
Sugars 0g	
Protein 3g	
Vitamin A 0% •	Vitamin C 0%
Calcium 4% •	Iron 4%
Thiamin 15% •	Riboflavin 2%
Niacin 2% •	Folate 4%

*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: GOLDEN FLAX SEED.

DISTRIBUTED BY
THE KING ARTHUR FLOUR COMPANY, INC.
Norwich, Vermont 05055
800.827.6836 • kingarthurflour.com

Produced in a GFCO-certified gluten-free facility.

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Best if used by: