

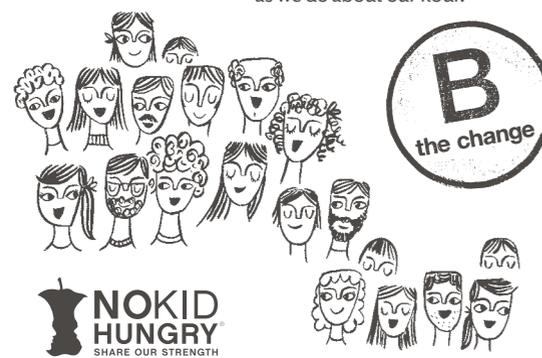


**WE BELIEVE**  
baked goods and doing  
good go hand in hand.

**100%  
EMPLOYEE  
OWNED**

King Arthur Flour is a 100 percent employee-owned company of passionate bakers, committed to the highest quality and the greater good.

As a founding B Corporation, we care as much about our people, our community, and our planet as we do about our flour.



**NOKID HUNGRY**  
SHARE OUR STRENGTH

MILLED FROM SELECT 100% AMERICAN WHEAT



UNBLEACHED  
**SELF-RISING  
FLOUR**

*A premium soft-wheat flour blend for perfectly fluffy biscuits,  
tender pancakes, and other traditional favorites.*

**Nutrition Facts**

Serving Size 1/4 cup (30g)  
Servings Per Container about 76

Amount Per Serving			
Calories 100		Calories from Fat 0	
		% Daily Value*	
<b>Total Fat</b> 0g			1%
Saturated Fat 0g			0%
Trans Fat 0g			
<b>Cholesterol</b> 0mg			0%
<b>Sodium</b> 350mg			15%
<b>Total Carbohydrate</b> 22g			7%
Dietary Fiber 1g			3%
Sugars 0g			
<b>Protein</b> 2g			
Vitamin A 0%		Vitamin C 0%	
Calcium 6%		Iron 8%	
Thiamin 15%		Riboflavin 8%	
Niacin 8%		Folate 10%	

\*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:** UNBLEACHED ENRICHED SOFT WHEAT FLOUR (WHEAT FLOUR, NIACIN (VITAMIN B3), REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), SALT.

DISTRIBUTED BY  
THE KING ARTHUR FLOUR COMPANY, INC.  
NORWICH, VERMONT 05055

KingArthurFlour.com | 800.827.6836

Never bleached, never bromated.<sup>®</sup>  
No preservatives.

"King Arthur Flour," the King Arthur logo and "Never bleached, never bromated" are registered trademarks of The King Arthur Flour Company, Inc.

WHEAT IS A NON-GMO PRODUCT. DO NOT EAT RAW FLOUR, DOUGH, OR BATTER. AFTER OPENING, KEEP COOL AND DRY IN A SEALED CONTAINER.

**SOURCED NON-GMO**  
WHEAT IS A NON-GMO PRODUCT.  
Learn more at [KingArthurFlour.com/non-gmo](http://KingArthurFlour.com/non-gmo).

Try it once. *Trust it always.*

We're America's oldest flour company, made up of passionate bakers committed to spreading the joy of baking. That's why we take such care with our flour. Unbleached and unblemished by chemicals, our flour is the professional's choice and the home baker's trusted partner, prized for its consistent quality.

As essential as good flour is to good results, for us, it's still only the beginning. We offer help of all kinds, to ensure the success of bakers everywhere.

We're here to help.

**BAKER'S HOTLINE**  
Call or chat online with our friendly, experienced bakers. 855.371.BAKE (2253)  
[KingArthurFlour.com/contact](http://KingArthurFlour.com/contact)

**FLOURISH OUR BLOG**  
Great recipes, helpful tips, kitchen stories. And always, the joy of baking.  
[KingArthurFlour.com/blog](http://KingArthurFlour.com/blog)

**BAKER'S STORE**  
Discover our wide array of quality ingredients, kitchen tools, and more. [KingArthurFlour.com](http://KingArthurFlour.com)

Choose the right flour.

All-Purpose, Bread, Whole Wheat, White Whole Wheat, Self-Rising, or Cake flour—for every kind of baking, trust King Arthur quality.

**LIGHT & FLUFFY PANCAKES**

**Ingredients:**  
1 1/2 cups King Arthur Unbleached Self-Rising Flour  
1 tablespoon sugar  
1/4 teaspoon baking soda  
1 large egg  
1 cup buttermilk or yogurt  
2 tablespoons vegetable oil or melted butter

**Directions:**  
Whisk together the flour, sugar, and baking soda. In a separate bowl, whisk together the egg, buttermilk or yogurt, and oil or melted butter until foamy. Add to the flour mixture and mix until blended; leaving a few small lumps is OK. Let the batter rest for about 5 minutes, while your griddle or frying pan heats to medium high (375°F to 400°F). When ready, a drop of water dribbled onto the griddle's surface will bounce across it. Brush lightly with vegetable oil, or spray with non-stick baking spray. For each pancake, drop 1/4 cup batter onto the hot surface. Flip the pancakes over once bubbles have risen to the surface, and cook the second side until golden brown. Serve hot.  
**Yield: 8 to 10 medium pancakes.**  
*Baker's tip: If you use Greek-style yogurt, add 2 tablespoons buttermilk or milk to the batter.*



Find more tried-and-truly-good recipes using our premium Self-Rising Flour at [KingArthurFlour.com/recipes](http://KingArthurFlour.com/recipes).

**KINGARTHURFLOUR.COM**  
100% SATISFACTION GUARANTEED  
100% EMPLOYEE OWNED



© NET WT 5 LBS (2.27kg)

