



King Arthur Flour **golden flax meal** is made for superior taste and performance. Its light, golden color and mild flavor makes it easy to enjoy King Arthur Flour flax in nearly everything you make! Using a unique and truly cold milling process, we are able to preserve the goodness of our milled flax longer. And we sift it very gently to give you flax meal that blends easily into your baked goods. This careful attention to detail assures you the freshest product possible with the very best taste.

enjoy

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

To use flax in baked goods replace 1/4 cup to 1/2 cup of the flour with flax meal. You may need to add an additional tablespoon or so of water or liquid.

flax meal

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 flax meal**. 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 **1** being replaced, mix **1 Tbsp flax meal 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 Golden Flax Meal beautifully complements baked goods. Adds a nutty, slightly spicy flavor and replaces oil in baked goods.

Recommended Storage
After opening, keep flax meal tightly sealed in your refrigerator or freezer.

Convenient resealable pouch inside box makes it easy (and neat) to pour and store.

Find delicious, kitchen-tested flax recipes at kingarthurfour.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.

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

fl golden flax meal

Premium cold milled golden flax seed, mild flavor, finely ground, great for baking.



Nutrition Facts

Serving Size 2 Tablespoons (14g)
Servings Per Container about 32

Amount Per Serving		% Daily Value*	
Calories 70	Calories from Fat 50		
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	25g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: WHOLE GROUND GOLDEN FLAX SEED.

DISTRIBUTED BY
THE KING ARTHUR FLOUR COMPANY, INC.
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800.827.6836 • kingarthurfour.com

Produced in a GFCO-certified gluten-free facility.



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