



# HIGH- GLUTEN FLOUR

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Our seriously robust bread flour is  
exceptionally high in gluten, helping you  
bake chewy artisan breads.

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© NET WT 48 OZ (3 LBS) 1.36kg

# BAGELS

## DOUGH

1 tablespoon instant yeast  
4 cups High Gluten Flour  
2 teaspoons salt  
1 tablespoon non-diatstatic malt powder or brown sugar  
1 1/2 cups lukewarm water

## WATER BATH

2 quarts water  
1 tablespoon sugar  
2 tablespoons non-diatstatic malt powder or brown sugar

Mix dough ingredients to make a very stiff dough. Place dough in a lightly greased bowl, cover, and let rise until puffy, 1 to 1 1/2 hours.

## Nutrition Facts

Serving Size 1/4 cup (30g)  
Servings Per Container about 45

Amount Per Serving

**Calories 110**

% Daily Value\*

**Total Fat 0g** 0%

**Sodium 0mg** 0%

**Total Carbohydrate 23g** 8%

Dietary Fiber 1g 4%

**Protein 4g**

**Iron 8%**

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, sugars, vitamin A, vitamin C and calcium.

\*Percent Daily Values are based on a 2,000 calorie diet.

Divide risen dough into eight balls. Cover with plastic wrap and let rest for 30 minutes.

Heat water, sugar, and malt powder to a gentle boil in a large, wide-diameter pan. Preheat oven to 425°F. Poke a 2" wide hole through each ball; the entire bagel will be about 4" across. Place bagels on a lightly greased or parchment-lined baking sheet, and let rest for 10 minutes.

Gently lower the bagels, 3 or 4 at a time, into the simmering water for 2 minutes. Gently flip over, and simmer 1 minute more. Place them on baking sheet. Sprinkle with seeds, if desired. Bake for 20 to 25 minutes, or until golden brown. Cool completely on a rack.

Yield: 8 bagels.

**INGREDIENTS:** ENRICHED WHEAT FLOUR (NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBO-FLAVIN, FOLIC ACID), MALTED BARLEY FLOUR.

**CONTAINS:** WHEAT.

KING ARTHUR FLOUR  
NORWICH, VERMONT 05055  
800.827.6836 | kingarthurfLOUR.com

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

Store cool and dry. 100185B01C  
Do not eat raw mix, dough or batter.

