

# KING ARTHUR® FLOUR

## GLUTEN FREE

### BREAD & PIZZA CRUST MIX

MFG # 29030

INGREDIENTS: SPECIALTY FLOUR BLEND (RICE FLOUR, TAPIOCA STARCH), TAPIOCA STARCH, POTATO STARCH, CANE SUGAR, EMULSIFIER (MONO- AND DIGLYCERIDES), SALT, XANTHAN GUM, VITAMIN AND MINERAL BLEND [CALCIUM CARBONATE, NIACINAMIDE (VITAMIN B3), REDUCED IRON, THIAMIN HYDROCHLORIDE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2)], ENZYMES.

NET WT 5 LBS (2.27KG)



**KING ARTHUR FLOUR RECOMMENDS THE GFCO'S CERTIFIED  
GLUTEN-FREE FOOD SERVICE TRAINING AND MANAGEMENT  
PROGRAM FOR PROFESSIONAL GLUTEN-FREE BAKING  
INSTRUCTION, PLEASE VISIT  
[WWW.GFFOODSERVICE.ORG](http://WWW.GFFOODSERVICE.ORG) FOR MORE INFORMATION.**

Certified  
**GF**  
Gluten-Free®



DISTRIBUTED BY  
**THE KING ARTHUR FLOUR COMPANY, INC.**  
NORWICH, VERMONT 05055  
[kingarthurfLOUR.com](http://kingarthurfLOUR.com) | 877.523.5687



# KING ARTHUR® FLOUR

## GLUTEN-FREE BREAD

1 9" x 5" LOAF BREAD	OUNCES	GRAMS	BAKER'S %	5 POUNDS OF MIX
3 1/4 CUPS MIX	18	510	100	5 LB.
4 TABLESPOONS MELTED BUTTER	2	57	11.1	9 OZ.
1 3/4 CUPS LUKEWARM MILK	14	397	77.8	3 LB., 14 OZ.
3 EGGS	5.3	150	29.4	1 LB., 8 OZ.
7G INSTANT YEAST*	0.25	7	1.28	1 OZ.

**18 OUNCES OF MIX = 1 LOAF**

**1 LOAF**

**4 TO 5 LOAVES**

- Use an electric mixer to combine melted butter or oil, milk, and eggs. Beat in 1/4 of the mix and the yeast. Add remaining mix 1/3 at a time. After each addition, scrape the bottom and sides of the bowl, then beat on medium-high speed for 30 seconds. When all mix has been added, beat on medium-high speed for an additional 2 minutes.
- Cover and let batter rise for 30 minutes.
- Stir to deflate. Spoon batter into lightly greased 9" x 5" loaf pan(s), leaving the middle domed in a traditional loaf shape. Smooth the top of the loaf with wet fingers or a spatula. Preheat oven to 350°F.
- Proof until the middle is crowned 1" over the rim of the pan(s). This will take 20 to 40 minutes, depending on room temperature.
- Bake bread 50 to 60 minutes until golden brown and the center(s) registers 200°F-210°F on an instant-read thermometer. Remove from the oven; turn out of the pan, and cool on a rack.

## GLUTEN-FREE PIZZA

2 12"-14" PIZZA CRUSTS	OUNCES	GRAMS	BAKER'S %	5 POUNDS OF MIX
3 1/4 CUPS MIX	18	510	100	5 LB.
1/4 CUP VEGETABLE OR OLIVE OIL	1.75	50	9.7	8 OZ.
1 1/4 CUPS LUKEWARM MILK	10	284	55.6	2 LB., 13 OZ.
3 EGGS	5.3	150	29.4	1 LB., 8 OZ.
7G INSTANT YEAST*	0.25	7	1.28	1 OZ.

**9 OUNCES OF MIX = 1 12" TO 14" PIZZA CRUST**

**2 12"-14" PIZZA CRUSTS**

**8 TO 9 12"-14" PIZZA CRUSTS**

- Mix batter and allow first rise as above.
- Stir to deflate. Preheat oven to 400°F.
- Drizzle oil to coat baking sheet(s) or pizza pan(s). Scrape dough onto pan(s), it will be very soft and sticky. Drizzle tops with oil and pat crust(s) into 12" to 14" circle(s) or oval(s). Allow crust(s) to rise for 30 minutes, uncovered.
- Bake crust(s) until tops are set and bottoms begin to brown, 8 to 12 minutes, depending on thickness. Remove from oven, and top as desired. Return to oven and bake for an additional 6 to 10 minutes, until bottoms are browned and toppings are cooked. Remove from oven and serve hot.

\*Depending on your bakeshop conditions and desired speed of rise, you may find that more or less yeast works best for you. For active dry yeast, use the same amount as you would instant. For fresh, 2 1/2 times the weight of instant yeast is standard.

FIND MORE GLUTEN-FREE RECIPES AT [KINGARTHURFLOUR.COM/RECIPES](http://KINGARTHURFLOUR.COM/RECIPES).

FOR COMMERCIAL USE ONLY. KING ARTHUR FLOUR QUALITY ONLY GUARANTEED WHEN SOLD IN UNOPENED PACKAGE. NOT INTENDED FOR RESALE IN QUANTITIES OTHER THAN STATED ON ORIGINAL PACKAGING.

MFG # 29030

Do not eat raw flour, dough or batter.



# 11936 - GLUTEN-FREE BREAD + PIZZA CRUST MIX

## Nutrition Facts

Serving Size 3 Tablespoons (32g)

Servings Per Container 70

Amount Per Serving

**Calories** 110      **Calories from Fat** 5

% Daily Value\*

**Total Fat** 1g      **2%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 190mg      **8%**

**Total Carbohydrate** 25g      **8%**

Dietary Fiber 1g      **4%**

Sugars 2g

**Protein** 1g

Vitamin A 0%      • Vitamin C 0%

Calcium 6%      • Iron 10%

Thiamin 10%      • Riboflavin 6%

Niacin 8%

\*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	