

KING ARTHUR® FLOUR

GLUTEN FREE

MULTI-PURPOSE FLOUR

MFG # 29630

INGREDIENTS: SPECIALTY FLOUR BLEND (RICE FLOUR, TAPIOCA STARCH), POTATO STARCH, WHOLE GRAIN BROWN RICE FLOUR, VITAMIN AND MINERAL BLEND [CALCIUM CARBONATE, NIACINAMIDE (VITAMIN B3), REDUCED IRON, THIAMIN HYDROCHLORIDE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2)].

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 FOR MORE INFORMATION.

Certified
GF
Gluten-Free®



DISTRIBUTED BY
THE KING ARTHUR FLOUR COMPANY, INC.
NORWICH, VERMONT 05055
kingarthurfLOUR.com | 877.523.5687



KING ARTHUR® FLOUR

GLUTEN-FREE MULTI-PURPOSE FLOUR POPOVERS

6 POPOVERS	OUNCES	GRAMS	BAKER'S %	5 POUNDS OF MIX
1/2 CUP MULTI-PURPOSE FLOUR	2.8	78	100	5 LB.
2 LARGE EGGS	3.5	100	128	6 LB., 7 OZ.
1 TABLESPOON MELTED BUTTER OR OIL	0.44	12.4	15.9	13 OZ.
5/8 CUP LUKEWARM MILK	5	142	182	9 LB., 1 OZ.
1/8 TEASPOON XANTHAN GUM	0.019	0.530	0.680	0.544 OZ.
1/4 TEASPOON SALT	0.044	1.25	1.6	1.28 OZ.

2 3/4 OUNCES OF FLOUR =
6 POPOVERS

6 POPOVERS

ABOUT 14 DOZEN
POPOVERS

1. Preheat oven to 400°F. Grease popover pan(s) or muffin pan(s).
2. Whisk together eggs, butter, and milk in a large bowl. In a separate bowl, whisk flour with xanthan gum and salt, then gradually sift and whisk into liquid ingredients until you have a smooth batter.
3. Pour batter into greased cups, filling each about 2/3 full.
4. Bake for 25 minutes, then reduce the oven heat to 350°F and bake for an additional 15 minutes, until popovers are deep brown.
5. Remove from oven, let firm for 5 minutes, then remove from pan(s) and serve immediately.

NOTE: Save time by using our multi-purpose flour in your favorite gluten-free recipes. No need to blend the many different flours gluten-free recipes often call for – just measure our multi-purpose flour and use in place of the total amount of rice flour, brown rice flour, tapioca starch, or potato starch, etc. called for in the recipe. We do recommend you bake a test batch of any formula, before scaling up. **NOTE:** This flour is very versatile, unlike some gluten-free blends, this product does not contain xanthan gum, guar gum, or other viscofiers, allowing you to tailor their use to your specific formula.

FIND MORE GLUTEN-FREE RECIPES AT
KINGARTHURFLOUR.COM/RECIPES.

MFG # 29630

Do not eat raw flour, dough or batter.

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.



11810 - GLUTEN-FREE MULTI-PURPOSE FLOUR

Nutrition Facts

Serving Size 3 Tablespoons (30g)

Servings Per Container 75

Amount Per Serving

Calories 110 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 24g **8%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 6% • Iron 8%

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