OUR RECIPE FOR

GLUTEN-FREE POPOVERS

YOU'LL NEED

- **4** large eggs
- **2** tablespoons butter, melted or oil
- **1¼** cups lukewarm milk
- **¾** cup King Arthur Gluten Free All-Purpose Flour
- **¼** cup potato starch, tapioca starch, or corn starch
- **¼** teaspoon xanthan gum
- **½** teaspoon salt

The finest gluten-free flour for baking. Crafted for better taste and texture in your baked goods. Use it in your favorite gluten-free recipes for consistent, reliable results.

YIELDS 12 POPOVERS

TO MAKE NON-DAIRY: ADD AN EXTRA EGG WHITE AND USE RICE, SOY, OR ALMOND MILK.

1. **PREHEAT** oven to 425°F. Grease a 12-cup popover pan or muffin pan.
2. **WHISK** eggs, butter or oil, and milk in a large bowl. In a separate bowl, whisk flour, starch, xanthan gum, and salt, then gradually sift and whisk into liquid ingredients until smooth. Let batter sit for 15 minutes. Whisk well.
3. **POUR** batter into greased cups, filling each about 2/3 full.
4. **BAKE** for 25 minutes, then reduce oven heat to 350°F and bake for an additional 15 minutes, until popovers are deep brown.
5. **COOL** for 5 minutes, then remove from pan and serve immediately.

BAKERS TIP:
For flavored popovers: Whisk 1 tsp. dry mustard plus 1 tsp. curry powder into the dry ingredients, and 1 Tbsp. Sriracha sauce into the egg and milk mixture. Follow directions above.

COMPLIMENTS OF
The King Arthur Flour Kitchen

NO COMPROMISES:

Our mixes are carefully crafted in our test kitchen through meticulous taste-testing (it's a tough job, but we're up to the challenge!) and blending to replicate our favorite recipes. The result? Wholesome mixes that make the finest gluten-free baked goods around. Simple ingredients, reliable results, and deliciousness for everyone to enjoy!

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KingArthurFlour.com/glutenfree

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SOURCED NON-GMO
ALL INGREDIENTS IN THIS MIX ARE NON-GMO FROM THE SOURCE.
Learn more at:
KingArthurFlour.com/non-gmo

Corporation bcorporation.net
We're committed to using the power of business as a force for social and environmental good.

GLUTEN FREE
ALL-PURPOSE FLOUR

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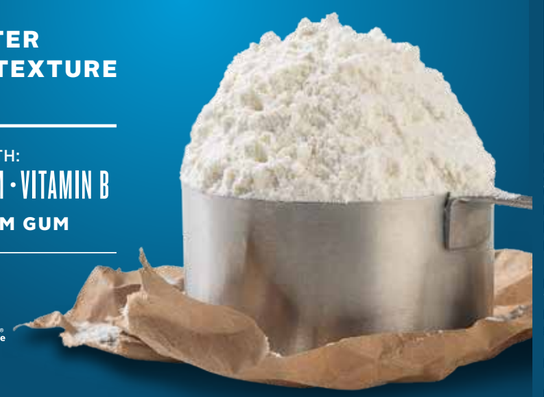
FOR THE BEST BAKING RESULTS

GLUTEN FREE
ALL-PURPOSE FLOUR

FOR BETTER TASTE & TEXTURE



FORTIFIED WITH:
IRON • CALCIUM • VITAMIN B
NO XANTHAM GUM

SOURCED NON-GMO
Certified GF Gluten-Free

NET WT 24 OZ (1 LB 8 OZ) 680g Ⓤ

BEST IF USED BY:

Nutrition Facts

Serving Size 3 Tbsp (30g)
Servings Per Container about 22

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

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)].

DISTRIBUTED BY
THE KING ARTHUR FLOUR COMPANY, INC.
Norwich, Vermont 05055
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Do not eat raw flour, dough, or batter.

Produced in a GFCO-certified gluten-free facility.

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