



hi-maize® natural fiber

... glutenfree ...  
dedicated  
gluten-free  
facility  
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# hi-maize® natural fiber

add more fiber to your  
baked goods the easy way



Good source of fiber

NET WT 12 OZ (340g)

serving suggestion

## hi-maize® natural fiber

**fiber** without the fuss. Hi-maize® Natural Fiber is the easy way to a healthier diet. This natural, gluten-free dietary fiber is derived from a special variety of corn. One serving of Hi-maize® (about 1 1/2 tablespoons) contains 6g non-soluble dietary fiber – about 20% to 25% of the suggested daily requirement.

**how it works** Hi-maize® is a “resistant starch,” a beneficial dietary fiber. Hi-maize® combines the health benefits of resistant starch (including prebiotic properties), and the texture benefits of a high quality carbohydrate – e.g., white flour.

**substitute** Hi-maize® for up to 1/4 to 1/3 of the flour in your baked goods; adjust up or down to taste.

See Hi-maize® recipes at [kingarthurfour.com/recipe](http://kingarthurfour.com/recipe). Use Hi-maize® in everything from pancakes and waffles to cake, pizza crust, whole wheat bread – and more. Also add to soups, sauces, and smoothies.

Bakers know that great results in the kitchen start with great ingredients. King Arthur Flour has been producing America’s purest, finest flour since 1790.

We source top-quality ingredients and put centuries of King Arthur Flour baking expertise into our assortment of premium ingredients. We believe there’s nothing like homemade.

Find our complete assortment of mixes, ingredients, pans, baking tools, and delicious recipes online:  
[kingarthurfour.com](http://kingarthurfour.com).

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.

Certified  
 Gluten-Free

## Nutrition Facts

Serving Size about 1 1/2 Tbsp. (11g)  
Servings Per Container about 34

| Amount Per Serving  |                     | % Daily Value* |         |
|---|---------------------|----------------|---------|
| <b>Calories</b> 15  | Calories from Fat 0 |                |         |
| <b>Total Fat</b> 0g   |                     |                | 0%      |
| Saturated Fat 0g  |                     |                | 0%      |
| Trans Fat 0g  |                     |                |         |
| <b>Cholesterol</b> 0mg  |                     |                | 0%      |
| <b>Sodium</b> 0mg   |                     |                | 0%      |
| <b>Total Carbohydrate</b> 10g   |                     |                | 3%      |
| Dietary Fiber 6g  |                     |                | 24%     |
| Sugars 0g   |                     |                |         |
| <b>Protein</b> 0g   |                     |                |         |
| Vitamin A 0%  | Vitamin C 0%        |                |         |
| Calcium 0%  | Iron 2%             |                |         |
| <small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small> |                     |                |         |
|   | 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     |
| <small>Calories per gram:<br/>Fat 9 • Carbohydrate 4 • Protein 4</small>  |                     |                |         |

INGREDIENTS: RESISTANT CORNSTARCH.

DISTRIBUTED BY  
THE KING ARTHUR FLOUR COMPANY, INC.  
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800.827.6836 • [kingarthurfour.com](http://kingarthurfour.com)

Nutrition information is for product as packaged.

Hi-maize® is a registered trademark of Ingredient Incorporated.

Do not eat raw flour, dough or batter.

Produced in a dedicated gluten-free manufacturing facility.



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Best if used by: