

# GLUTEN FREE

## ALL-PURPOSE FLOUR



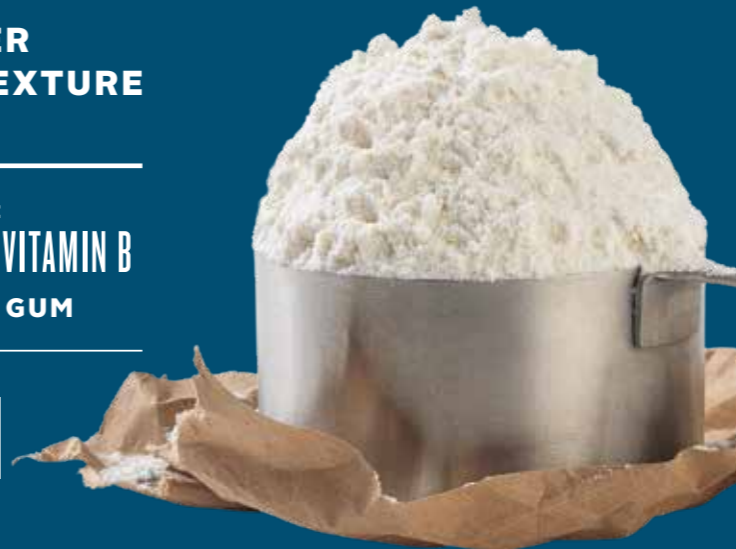
# FOR THE BEST BAKING RESULTS

# GLUTEN FREE

## ALL-PURPOSE FLOUR

### FOR BETTER TASTE & TEXTURE

FORTIFIED WITH:  
**IRON · CALCIUM · VITAMIN B**  
**NO XANTHAM GUM**



NET WT 24 OZ (1 LB 8 OZ) 680g

BEST IF USED BY:



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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.

### BAKER'S 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? Mixes that make the finest gluten-free baked goods around. Simple ingredients, reliable results, and deliciousness for everyone to enjoy!

TRY ALL KING ARTHUR FLOUR GLUTEN-FREE BAKING PRODUCTS.

[KingArthurFlour.com/glutenfree](http://KingArthurFlour.com/glutenfree)

### BAKER'S HOTLINE. WE'RE HERE TO HELP.

Call or chat online with our friendly, experienced bakers. 855.371.BAKE (2253)

[KingArthurFlour.com/contact](http://KingArthurFlour.com/contact)

100% EMPLOYEE-OWNED.  
 100% COMMITTED TO QUALITY.



This mix is Certified Gluten-Free. Learn more at: [KingArthurFlour.com/glutenfree](http://KingArthurFlour.com/glutenfree)



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

### Nutrition Facts

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

Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
<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> 24g	8%
Dietary Fiber 0g	0%
Sugars 0g	
<b>Protein</b> 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)).

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 THE KING ARTHUR FLOUR COMPANY, INC.  
 NORWICH, VERMONT 05055  
 800 827 6836 | [KingArthurFlour.com](http://KingArthurFlour.com)

**DO NOT EAT RAW MIX, DOUGH, OR BATTER.**

Produced in a GFCO-certified gluten-free facility.

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