



THE KING ARTHUR FLOUR COMPANY, INC.

ESTD 1790 | 100% employee owned • 100% committed to quality

## SIR GALAHAD ARTISAN FLOUR

King Arthur Mfg #: 12050

UPC: 0 71012 12050 5

Net Weight: 50 lbs

### Description

This is the flour of choice for artisan breads and yeasted pastries. Equivalent to a French Type 55 (milled from premium hard wheat), it can best be described as an all-purpose or low-protein bread flour, making it very versatile in a bakery. It yields a dough that handles easily and has great fermentation tolerance. Ideal for artisan breads, laminated dough, and Neapolitan pizza as well as cookies, scones, and quick breads.

### Regulations & food safety

Shelf life: 180 days when stored cool and dry

Do not eat raw flour, dough or batter. This product is a raw agricultural product that is not subjected to a microbiological kill step and is therefore intended for further processing.

Product is prepared by cleaning, grinding, and sifting sound wheat in accordance with current FDA regulations.

### Packaging & shipping

Bag cubic feet: .91

Bag dimensions: 23" x 17" x 4"

Net Weight: 50 lbs

Gross Weight: 50.35 lbs

Pallet Tie (layer): 5 bags

Pallet High (rows high): 10 bags

Bags per pallet: 50

Pallet Weight: 2,550 lbs

Pallet dimensions: Standard 4 way, 40" x 48" x 60"

### Documentation

SDS, Kosher Certificate, non-GMO statement & Certificates of Analysis available upon request. Please include type of flour and lot code with request.

### Lot code

Lot code is mill packed date

### Specifications

Protein (14% M.B.)	11.7% +/- 0.2%
Moisture (Maximum)	14%
Ash (14% M.B.)	0.50% +/- 0.03%
Falling Number	260 sec +/- 30 sec
Absorption %	59% +/- 2%
Peak	7 min +/- 2 min
Stability	10 min +/- 3 min
MTI	35 B.U. +/- 10

### Ingredient statement

Unbleached hard wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid

### Nutritional analysis on page 2

For more information, email:

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## SIR GALAHAD ARTISAN FLOUR

Nutrients	Per 100g	%DV	Nutrients	Per 100g	%DV
Gram Weight (g)	100		Vitamin B3 (mg)	5.29	26.45%
Calories (kcal)	364		Vitamin B3 - Niacin Equiv (mg)	8.02	
Calories from Fat (kcal)	8.82		Vitamin B6 (mg)	0.04	2.20%
Calories from SatFat (kcal)	1.39		Vitamin B12 (mg)	0	
Protein (g)	11.7	23.40%	Biotin (mcg)	1.02	0.34%
Carbohydrates (g)	72.82	24.27%	Vitamin C (mg)	0	0.00%
Dietary Fiber (2016) (g)	2.7		Vitamin D - IU (IU)	0	0.00%
Soluble Fiber (g)	1.03		Vitamin D - mcg (mcg)	0	
Total Sugars (g)	0.27		Vitamin E - Alpha-Toco (mg)	0.23	
Added Sugars (g)	0	0.00%	Folate (mcg)	154	38.50%
Fat (g)	0.98	2.00%	Folate, DFE (mcg)	291	
Saturated Fat (g)	0.15	0.00%	Vitamin K (mcg)	0.3	0.37%
Mono Fat (g)	0.09		Pantothenic Acid (mg)	0.44	4.38%
Poly Fat (g)	0.41		<b>Minerals</b>		
Trans Fatty Acid (g)	0		Calcium (mg)	15	1.50%
Cholesterol (mg)	0	0.00%	Copper (mg)	0.14	7.20%
Water (g)	14		Iron (mg)	4.41	24.50%
<b>Vitamins</b>			Magnesium (mg)	22	5.50%
Vitamin A - IU (IU)	2	0.04%	Manganese (mg)	0.68	34.10%
Vitamin A - RE (RE)	0.2		Phosphorus (mg)	108	10.80%
Vitamin A - RAE (RAE)	0.1		Potassium (mg)	107	3.05%
Carotenoid RE (RE)	0.2		Selenium (mcg)	33.9	48.42%
Retinol RE (RE)	0		Sodium (mg)	2	0.08%
Beta-Carotene (mcg)	1		Zinc (mg)	0.7	4.66%
Vitamin B1 (mg)	0.64	42.66%	<b>Poly Fats</b>		
Vitamin B2 (mg)	0.4	23.52%	Omega 3 Fatty Acid (g)	0.02	
			Omega 6 Fatty Acid (g)	0.39	

Source: USDA Nutrient Database for Standard Reference, Release 28 (updated May 2016)