



## 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"x17"x4"

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	35B.U.+/-10

### Ingredient statement

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

### Nutritional analysis on page 2

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## SIR GALAHAD ARTISAN FLOUR

Nutrients	Per100g	%DV
Calories (kcal)	364	
Calories from Fat (kcal)	8.82	
Fat (g)	0.98	1.26%
Saturated Fat(g)	0.15	0.77%
Trans Fatty Acid (g)	0	
Cholesterol (mg)	0	0%
Carbohydrates (g)	72.82	26.48%
Total Sugars (g)	0.27	
Added Sugar (g)	0	0%
Dietary Fiber (2016) (g)	2.7	9.64%
Protein (g)	11.7	23.40%
Ash (g)	0.5	
Water (g)	14	
<b>Vitamins</b>		

Nutrients	Per100g	%DV
Vitamin A - IU (IU)	2	
Vitamin C (mg)	0	0%
Vitamin D - mcg (mcg)	0	0%
Vitamin B1 (mg)	0.64	53.33%
Vitamin B2 (mg)	0.4	30.77%
Vitamin B3 (mg)	5.29	
Vitamin B3 - Niacin Equiv (mg)	8.02	50.13%
Folic Acid (mcg)	154	
Folate, DFE (mcg DFE)	290.8	72.70%
<b>Minerals</b>		
Calcium (mg)	15	1.15%
Iron (mg)	4.41	24.50%
Sodium (mg)	2	0.09%
Potassium (mg)	107	2.28%

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