



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:  
[bakeryfloursupport@kingarthurfLOUR.com](mailto:bakeryfloursupport@kingarthurfLOUR.com)

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## SIR GALAHAD ARTISAN FLOUR

Nutrients	Per 100g	%DV		Nutrients	Per 100g	%DV
Calories (kcal)	364			Vitamin A - IU (IU)	2	
Calories from Fat (kcal)	8.82			Vitamin C (mg)	0	0%
Fat (g)	0.98	1.26%		Vitamin D - mcg (mcg)	0	0%
Saturated Fat (g)	0.15	0.77%		Vitamin B1 (mg)	0.64	53.33%
Trans Fatty Acid (g)	0			Vitamin B2 (mg)	0.4	30.77%
Cholesterol (mg)	0	0%		Vitamin B3 (mg)	5.29	
Carbohydrates (g)	72.82	26.48%		Vitamin B3 - Niacin Equiv (mg)	8.02	50.13%
Total Sugars (g)	0.27			Folic Acid (mcg)	154	
Added Sugar (g)	0	0%		Folate, DFE (mcg DFE)	290.8	72.70%
Dietary Fiber (2016) (g)	2.7	9.64%		<b>Minerals</b>		
Protein (g)	11.7	23.40%		Calcium (mg)	15	1.15%
Ash (g)	0.5			Iron (mg)	4.41	24.50%
Water (g)	14			Sodium (mg)	2	0.09%
<b>Vitamins</b>				Potassium (mg)	107	2.28%

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