King Arthur's Sir Lancelot High Gluten Flour:

1. **High Gluten Content**: Sir Lancelot is a true high-gluten flour milled from the highest protein wheat . It has the highest gluten content around (14%) , which is key to helping you bake lusty, chewy artisan breads and whole-grain breads with a hearty, lofty texture .
2. **Strength and Volume**: This flour is used when strength is the priority, giving you high volume and extra chew . It's perfect for authentic NY-style pizza and bagels, as well as adding strength to formulas high in whole grains .
3. **Ingredients**: The main ingredients in Sir Lancelot High Gluten Flour are unbleached hard wheat flour and malted barley flour [4]. It also contains niacin, reduced iron, thiamin mononitrate, riboflavin, and folic acid [4].
4. **Nutrition**: This flour is rich in vitamins and minerals (8.9%/cal) - a good source of Manganese, Iron, Selenium, Phosphorus, and Copper [3]. It's a good source of proteins (27% of DV/100g) and fiber (13% of DV/100g), and relatively high in carbs (23% of DV/100g) [3].
5. **Versatility**: Sir Lancelot High Gluten Flour is versatile and adaptable. It's perfect for baking extra-chewy artisan breads and breads made with a lot of whole grains . It's also great for dense, chewy breads like bagels, crusty rolls, artisan hearth breads, and pizza crusts .
6. **Baking Techniques**: This flour is good for breads that require long fermentation like no-kneads . When subbing in a recipe, add about 1 tablespoon or more extra liquid for each cup of King Arthur High Gluten Flour to give dough the called-for consistency .
7. **Sustainability**: The grains used in this flour are grown on lands dedicated to sustainable farming practices.