## Copilot

Sure, here is a comprehensive list of attributes for King Arthur's 100% Whole Wheat Flour:

1. **Type of Wheat**: It is milled from 100% hard red wheat grown on American farms [1] [3] [4].
2. **Protein Content**: It has a gluten-forming protein content of 13.8%. The amount of gluten-forming protein in flour determines the final structure of your baked goods [3] [4].
3. **Nutritional Benefits**: Whole wheat flour adds fiber, vitamins, and nutrients to your recipes [1]. It has all the nutritional benefits of whole grains [1].
4. **Flavor and Color**: This flour has a classic robust wheat flavor that elevates muffins, scones, and breads [1]. It is dark in color, rich in flavor [1].
5. **Usage**: It can be used successfully in most recipes calling for all-purpose flour [2]. It is particularly suitable for recipes that are naturally heartier/darker — e.g., oatmeal cookies, banana bread, bran muffins [2].

Please note that the nutritional content and other attributes can vary slightly based on the specific product and brand. Always check the product packaging for the most accurate and up-to-date information. Happy baking! 🍞🥖

Source: Conversation with Bing, 5/13/2024

1. [100% Whole Wheat Flour | King Arthur Baking Company](https://shop.kingarthurbaking.com/items/100-whole-wheat-flour)
2. [King Arthur Baking Company 100% Whole Grain Whole Wheat Flour - Albertsons](https://www.albertsons.com/shop/product-details.117100066.html)
3. [King Arthur Baking Company 100% Whole Grain Whole Wheat Flour - 5 Lb ...](https://www.kingsfoodmarkets.com/shop/product-details.117100066.html)
4. [Whole Grains | King Arthur Baking](https://www.kingarthurbaking.com/learn/guides/whole-grains)