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A COMPLETE GLUTEN FREE SEASONED COATING

NO PRESERVATIVES, ARTIFICIAL COLORS OR FLAVORS

Our premium quality Gluten Free Seasoned Flour begins with all natural, gluten free ingredients that are both additive and preservative free This product is produced in a gluten free environment and batch tested using an ELISA iluten Assay test to ensure tha quality product is delivered to

OUR GUARANTEE tucky Kernel[®] is dedicated

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Nutrition Facts

nount Per Serving (Dry) lories 45 Calories from Fat 5 Total Fat 0g Trans Fat 0g

Cholesterol Omo odium 490mg otal Carbohydrate 10g 3% ietary Fiber less than1g 3% Soluble Fiber 0g

Insoluble Fiber less than 1a Sugars 1g

Vitamin C 0% Iron 0% /itamin A ∩% Calcium 0% Iron 2,000 2,500

ALL NATURAL **GLUTEN FREE INGREDIENTS:** Brown Rice Flour, Salt, Natural Spices

Extracts, and Herbs Produced in a peanut/tree nut

Perfect Coating For: CHICKEN, CHOPS, BEEF, SEAFOOD, VEGETARIES & CREATER SEAFOOD, **VEGETABLES & GRAVIES**

Look for the entire line of Kentucky Kernel products in the Flour, Corn Meal, Batter Mix and Baking Mix sections of your supermarket.

GLUTEN FREE Seasoned Flour

Oven Fried Chicken

Heat oven to 400° F. Moisten chicken with water. Roll in Gluten Free Kentucky Kernel® Seasoned Flour. Heat shallow pan, skillet, or glass baking dish containing thin lay of vegetable oil in oven for 3-5 minutes. (Heating time will vary according to type of baking pan.) Place chicken in pan and bake approximately 20 to 30 minutes until brown on bottom side. Turn and bake an additional 20 to 30 minutes until done or juices run clear. (Baking time will vary with number and size of chicken pieces.)

Southern Fried Chicken

Rinse chicken. Soak in buttermilk for 15 minutes or more. Remove chicken from buttermilk and discard buttermilk. Coat with Kentucky Kernel® Seasoned Flour. Fry in approximately one inch of preheated vegetable oil 380° to 400°F.

Fried Seafood

Dip seafood in mixture of egg and milk. Liberally coat with Kentucky Kernel® Seasoned Flour. Fry approximately 3 to 4 minutes or until golden on each side. Drain on paper towel and serve.

Fried Vegetables

(Mushrooms, Zucchini, Egg Plant, Okra, Onion Rings, Potatoes, Cauliflower, or Green Tomatoes.) Make batter by mixing 5 Tbsp. Kentucky Kernel® Seasoned Flour with 1 egg. Add 2 Tbsp. water. Dip vegetables into batter, remove, and liberally coat with dry Kentucky Kernel® Seasoned Flour. Fry coated vegetables in approximately 2 inches vegetable oil (temp 350°F) for about 2 minutes or until golden brown.

Country Fried Beef or Chops

Liberally coat moist pieces of beef or chops with Kentucky Kernel® Seasoned Flour. Fry in skillet (in approximately 1/4 inch vegetable oil) over medium heat on each side until done.

Country White Gravy

In a skillet melt 2 Tbsp. butter then add 2 Tbsp. of Kentucky Kernel® Seasoned Flour Mix. Stir until smooth. Blend in 1 cup of milk. Simmer and stir the gravy until desired thickness.







GLUTEN FREE Seasoned Flour



USE BY:



















