

[Manuals.plus](#) /

› [Gold Medal](#) /

› Gold Medal All Purpose Flour 5 lb Bag: Instruction Manual

Gold Medal dinirao

Gold Medal All Purpose Flour: Instruction Manual

Your versatile flour for all baking and cooking needs.

1. PRODUCT OVERVIEW

Gold Medal All Purpose Flour is a versatile baking essential, expertly milled in the USA. This flour is a blend of pure white hard and soft wheat, designed to deliver consistent results for a wide range of recipes. It is enriched, bleached, and presifted for convenience.



Image: A 5 lb bag of Gold Medal All Purpose Flour, showcasing the brand logo and product type.

2. USAGE GUIDELINES

This all-purpose flour is suitable for any recipe that calls for flour. Its balanced protein content makes it strong enough for high-rising yeast breads and mellow enough for delicate pastries. It is ideal for:

- **Breads:** Including yeast breads and banana bread.
- **Cakes:** Such as confetti cake and bundt cake.
- **Cookies:** Perfect for chocolate chip and peanut butter cookies.
- **Pancakes and Muffins:** For light and fluffy results.
- **Pie Crusts:** Achieving a flaky texture.
- **Savory Dishes:** Including pizza dough, biscuits, and gravies.



Image: A plate of golden-brown chocolate chip cookies, demonstrating a common use for all-purpose flour.



PERFECT FOR COOKIES!

Image: A slice of confetti cake with colorful sprinkles, highlighting the flour's suitability for cakes.

For more recipes and inspiration, visit the official Gold Medal website.

3. INGREDIENTS AND NUTRITION

3.1. Ingredients

Bleached Wheat Flour, Niacin (a B vitamin), Iron, Thiamin Mononitrate (vitamin B1), Riboflavin (vitamin B2), Enzymes, Folic Acid (a B vitamin).

Allergen Information: Contains Gluten.

3.2. Nutrition Facts

Refer to the image below for detailed nutrition information per serving.



Image: Detailed Nutrition Facts label for Gold Medal All Purpose Flour, showing calories, fat, carbohydrates, protein, and vitamins per serving.

Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

4. STORAGE INSTRUCTIONS

Proper storage is essential to maintain the freshness and quality of your Gold Medal All Purpose Flour.

- Store flour in an **airtight container** in a cool, dry place.
- For longer storage, wrap the original bag tightly in a plastic storage bag and refrigerate or freeze.
- Always bring refrigerated or frozen flour to room temperature before using in recipes.

5. MEASURING TECHNIQUES

Accurate measurement is key for successful baking results.

- To measure flour, gently spoon it into a measuring cup.
- Level the top with a straight edge (like a knife or spatula) to ensure an accurate measurement.
- Avoid scooping flour directly with the measuring cup, as this can compact the flour and lead to over-measurement.

6. PRODUCT SPECIFICATIONS

Specification	Detail
Brand Name	Gold Medal
Item Model Number	dinirao
UPC	016000106109
GTIN	016000106109
Units	80.0 Ounce (5 lb)
Item Weight	4.54 g (Product weight, not package)
Item Package Weight	2.35 Kilograms
Product Dimensions	4.13 x 5.5 x 7.5 inches
Specialty	Kosher Certified
Container Type	Bag
Manufacturer	General Mills

7. TROUBLESHOOTING

While Gold Medal All Purpose Flour is designed for consistent performance, here are some common issues and their solutions:

- **Clumping:** Flour can clump if exposed to moisture. Ensure it is stored in an airtight container in a cool, dry environment. If clumping occurs, sift the flour before use to break up lumps.
- **Pests:** To prevent pantry pests, always store flour in a sealed, airtight container. Regularly check your pantry for any signs of infestation.
- **Off-Flavor/Odor:** Flour can absorb odors from its surroundings or go rancid if stored improperly for extended periods, especially whole wheat flour (though this is all-purpose). Always store in an airtight container away from strong odors and heat.

8. MANUFACTURER INFORMATION AND SUPPORT

For product inquiries, feedback, or additional support, please contact General Mills, the manufacturer of Gold Medal products.

Manufacturer: General Mills

Website for Recipes: www.goldmedalfLOUR.com

General Mills Official Product Video:

Your browser does not support the video tag.

Video: An official product video from General Mills showcasing Gold Medal All-Purpose Flour.

© 2026 Gold Medal. All rights reserved.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question