

Flour Brand	Type	Ingredients	Texture	Flavor	Nutritional Profile	Versatility	Gum Content	Dietary Needs	Other Factors to Consider	Certified Gluten-Free
Bob's Red Mill Gluten-Free**	All-Purpose	Garbanzo bean flour, potato starch, tapioca flour, whole grain sorghum flour, fava bean flour	Varies but usually slightly grainy	Neutral, slight bean flavor	Provides protein and fiber	Versatile for various baked goods (including yeast breads)	May contain xanthan gum or guar gum	Gluten-Free, Vegetarian, Kosher, Non-GMO	Non-GMO, might be ok for yeast baking	Yes - GFCO plus self testing (ELISA) of all incoming products & throughout the mfg process
King Arthur Gluten-Free	All-Purpose	Specialty flour blend (rice flour, tapioca starch), potato starch, whole grain brown rice flour, vitamin and mineral blend [calcium carbonate, niacinamide (vitamin b3), reduced iron, thiamin hydrochloride (vitamin b1), riboflavin (vitamin b2)]	Smooth	Balanced	Contains some whole grains	Suitable for bread, cakes, and cookies	none	Gluten-Free, Vegetarian, Kosher	Non-GMO. Contains added vitamins and minerals. Might be ok for yeast baking. Shared equipment with possible allergens but clean thoroughly to avoid cross contamination as much as possible (but do not 100% guarantee)	Yes
Pamela's Products Gluten-Free	Cup for Cup	Brown rice flour, tapioca starch, white rice flour, potato starch, sorghum flour, arrowroot starch, guar gum, sweet rice flour, rice bran	Varies	Mild, Neutral	Balanced blend of flours	Versatile for baking and cooking	Contains guar gum	Gluten-Free, Vegetarian	Made in a peanut free facility, but equipment processes tree nuts, coconut, eggs and milk	Yes
Namaste Foods Gluten-Free Perfect Flour Blend	All-Purpose & Cup for Cup	Sorghum flour, brown rice flour, tapioca starch &/or arrowroot starch, white rice flour, flour, xanthan gum &/or guar gum	Varies	Neutral	Provides carbohydrates & whole grains, plant based	Versatile for various baked goods	Contains xanthan gum and/or guar gum	Gluten-Free, Vegetarian, Kosher	Non-GMO, free from top 14 food allergens	Yes
Better Batter Gluten-Free	All-Purpose	White rice flour, brown rice flour, tapioca starch, potato starch, potato flour, pectin (sucrose, pectin, citric acid), xanthan gum	Varies	Neutral	Provides carbohydrates	Suitable for a variety of recipes	Contains xanthan gum	Gluten-Free, Vegetarian,	Allergy friendly for top 9 allergens, mustard, and sesame	Yes

Cup4Cup Multipurpose Flour	Cup-for-Cup	Cornstarch, white rice flour, brown rice flour, rBST-free milk powder, tapioca flour, potato starch, xanthan gum	Fine, Silky	Neutral	Contains milk powder	Suitable for various recipes	Contains xanthan gum	Gluten-Free, Vegetarian	Individuals with dairy allergies, lactose intolerance, or milk protein sensitivity	Yes
Bob's Red Mill Gluten-Free 1-to-1**	Cup-for-Cup	Sweet white rice flour, whole grain brown rice flour, potato starch, whole grain sorghum flour, tapioca flour, xanthan gum	Varies	Neutral	Provides carbohydrates	Versatile for various baked goods (not recommended for yeast baking)	Contains xanthan gum	Gluten-Free, Vegetarian, Kosher, Non-GMO	Non-GMO Certified	Yes - GFCO plus self testing (ELISA) of all incoming products & throughout the mfg process
King Arthur Gluten-Free Measure for Measure	Cup-for-Cup	Rice flour, whole grain brown rice flour, sorghum flour, tapioca starch, potato starch, cellulose, vitamin and mineral blend [calcium carbonate, niacinamide (vitamin b3), reduced iron, thiamin hydrochloride (vitamin b1), riboflavin (vitamin b2)], xanthan gum, cellulose gum	Fine, Silky	Balanced	Contains some whole grains	Suitable for various recipes	Contains xanthan gum	Gluten-Free, Vegetarian,	Not recommended for yeast baking, contains added minerals and vitamins. Shared equipment with possible allergens but clean thoroughly to avoid cross contamination as much as possible (but do not 100% guarantee)	Yes
Pamela's Gluten-Free Bread Mix	Bread Flour	Sorghum flour, tapioca flour, white rice flour, sweet rice flour, brown rice flour, evaporated cane sugar, inulin, millet flour, honey, rice bran, sea salt, xanthan gum	Varies	Mild, slightly sweet	Provides carbohydrates	Ideal for breads and rolls (yeast baking)	Contains xanthan gum	Gluten-Free, Vegetarian,	Contains honey.	Yes
King Arthur Gluten-Free Bread Flour	Bread Flour	Gluten-Free Wheat Starch, Corn Starch, Cellulose and Psyllium Fiber Blend, Sorghum Flour, Pea Protein, Xanthan Gum, Enzymes	Varies	Neutral, may have a mild wheat flavor	Provides carbohydrates	Ideal for breads and rolls (yeast baking)	Contains xanthan gum and psyllium fiber	Gluten-Free, Vegetarian	Recommended for yeast baking. Uses added enzymes (fungal alpha-amylase) commonly used in flours and baking mixes	Yes

Caputo Fioreglut**	All-Purpose	Gluten-free wheat starch (meets FDA requirements), dextrose, maize starch (cornstarch), buckwheat flour, rice starch. Thickeners: guar gum, psyllium husk, flavoring	Smooth, silky - closely resembles wheat dough when wet, but is stickier	Neutral. Wheat starch does add a pleasant wheat flavor	Provides carbohydrates	Suitable for various recipes. Great for yeast baking	Contains guar gum, psyllium husk	Gluten-Free, Vegetarian, Kosher, Halal	Non-GMO. Individuals with wheat allergies should avoid. But gluten registers less than 20ppm (they claim less than 10ppm)	Yes - European, approved by the Italian Ministry for Health as gluten-free & safe for coeliacs
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Additional Notes:

Wheat Starch: I cannot provide medical advice. This is simply a summary explaining what wheat starch is and the claims made on the companies websites. Please consult a doctor if you are at all unsure whether wheat starch is safe for you. Caputo and King Arthur Bread Flour both contain large amounts of de-glutenized wheat starch. This means that the gluten has been separated from the wheat. This practice has been used for many years in Europe, but is just now gaining ground in the US. Both facilities assure that the end result is well under the 20ppm to be considered gluten-free (meets FDA requirement). This means it is considered safe for most people with celiac or gluten sensitivity. It is NOT safe for anyone with a wheat or severe gluten allergy (if you cannot tolerate even a spec of gluten steer clear!). Again, if you are at all unsure please discuss this with your doctor to confirm it is safe for you to consume.

Cup4Cup: Contains milk powder, so it may not be safe for anyone that must avoid dairy/lactose. I have read that it is considered safe to use in starters while they are being established in warm temperatures, even though it has milk. I am not so sure that I want to test that myself, but I included it here so that others are aware (many do not realize it has milk).

Xanthan Gum and Psyllium Husk: These are binders and thickeners, used to help mimic some of the properties of gluten. Both can act as a laxative, so anyone with very sensitive digestive systems might want to use these sparingly. If recipes call for these specific flours AND xanthan or psyllium then it is probably needed for best results. If the recipe just notes any GF flour plus these ingredients you may want to lower the recipe amounts. I usually start with half.

Psyllium Husk is completely natural, made from the husks of the seeds from the Plantago ovata - a shrub like herb. The seeds are When added as a separate ingredient, it can cause your baked goods to turn purple, although I have never had this happen when using a blend that includes it.

Xanthan Gum is also natural, but undergoes more of a process to be created. It is made by fermenting glucose derived from corn, soy, dairy or wheat with strains of a specific bacteria. If you have severe allergies or sensitivities to any of those ingredients you may want to avoid anything with xanthan unless you can confirm which product the glucose came from.

King Arthur Flours: King Arthur adds various minerals, vitamins, and enzymes to their flours. While this is not necessarily a bad thing, if you are looking for all natural ingredients without additives this might not be a brand for you.