



## 203383C English Breakfast Muffins (Speedibake)



**Pack Size:** 12X4X72G

**Details:** A plain white breakfast muffin with a light wheat semolina dressing.

### Allergen Information

**Contains:**

Cereal, Soya, Gluten

**Free from:**

Celery, Eggs, Fish, Lupin, Milk, Molluscs, Mustard, Nuts, Peanuts, Sesame, Sulphur Dioxide, Crustaceans

**Suitable for:**

Vegetarians, Vegan

### Handling Information

**Directions For Use:**

Defrost for 1-2 hours.

Split in half and toast under a medium grill for 2-3 minutes or until golden brown.

**Storage Instructions:**

Keep frozen, store at -18°C or below.

### Product Ingredients

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**WHEAT** Flour (with calcium, iron, niacin (B3) and thiamin (B1)), Water, Yeast,

**WHEAT** Semolina, **WHEAT** Protein, Salt, Vinegar, Dextrose, Sustainable

**SOYA** Flour, Vegetable Fat (Sustainable Palm, Rapeseed), Preservatives:

Potassium Sorbate, Calcium Propionate., Emulsifier: E472e., Flour Treatment Agent:

### Nutritional Information

**Typical Values per 100g/ml:**

Based on a reference intake of an average adult (8400kJ/2000kCal) diet

**Energy:**

232 kcal / 980 kJ

**Fat:**

2 g

**of which saturates:**

0.6 g

**Carbohydrates:**

41.3 g

**of which sugars:**

4.4 g

**Fibre:**

3 g

**Protein:**

10.6 g

**Salt:**

1.18 g



All product information is correct at time of upload. Information may change so please check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging or speak with our QA Department.

