



204813C Bakers Basket (Kara)



Pack Size: 9 X 6

Details: Seeded rolls topped with brown and golden linseed, sunflower seeds, millet seeds and poppyseeds, white rolls with flower dusting and water split, and wholemeal rolls topped with oats.

Allergen Information

Contains:

Cereal, Soya, Gluten

Free from:

Crustaceans, Peanuts, Fish, Lupin, Molluscs, Mustard, Nuts, Sulphur Dioxide, Celery

May contain:

Milk, Eggs, Sesame

Suitable for:

Vegetarians

Handling Information

Directions For Use:

Best served

Bake from frozen in a pre heated oven - 220°C/ 180°C Fan/ 425°F/ Gas mark 7 for 8 minutes. 10 minutes standing time. Guidelines only as ovens may vary.

Alternatively for a soft eat defrost in packaging for approximately 2 hours. Ensure

Storage Instructions:

Store Frozen at -18°C or below.

To defrost: Keep frozen until use. To defrost: remove from case and leave in pack at room temperature for approximately 2 hours, or until fully defrosted. Once defrosted, store in a sealed pack in a cool, dry place away f

Product Ingredients

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Wholemeal **WHEAT** Flour, Water, Palm Oil, Sugar, Fermented **WHEAT** Flour, Yeast, Fortified Wheat Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt, **OATS**, Calcium Sulphate, Emulsifiers (E472e, E482), **SOYA** Flour, Flour Treatment Agent (E300).

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

264 kcal / 1115 kJ

Fat:

3.9 g

of which saturates:

1.6 g

Carbohydrates:

44 g

of which sugars:

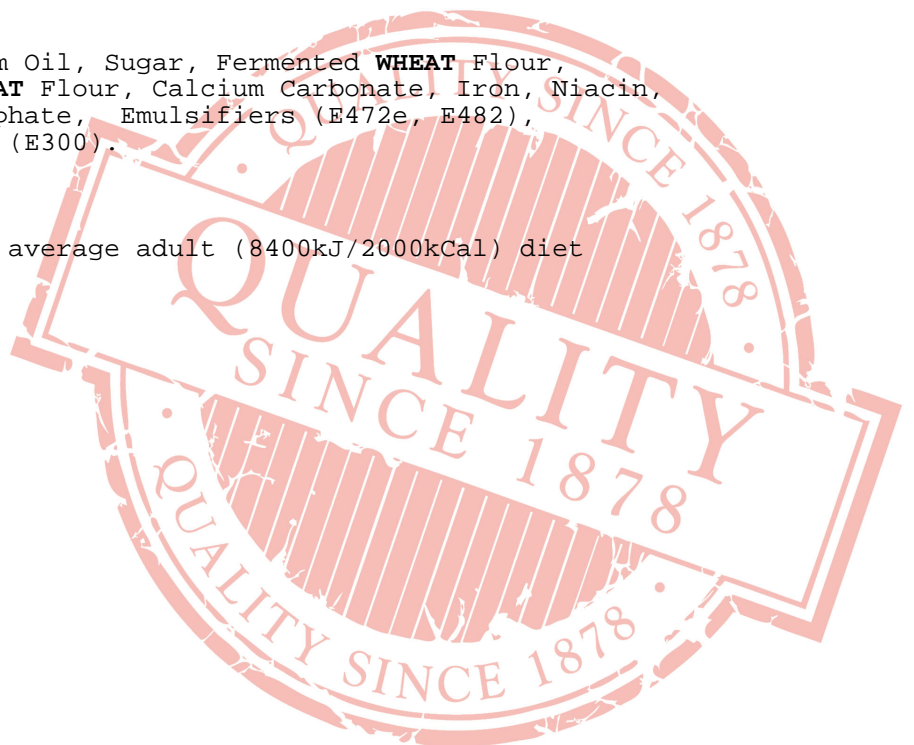
5.5 g

Fibre:

6.6 g

Protein:

10 g



Salt:
0.85 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.