



205219C Gluten Free Cranberry & Pecan Flapjack (We



Pack Size: 1 X 18

Details: A flapjack slice made with pure oats, dried cranberries, pecans, sunflower and pumpkin seeds.

Allergen Information

Contains:

Cereal, Nuts

Free from:

Celery, Soya, Crustaceans, Sesame, Gluten, Lupin, Milk, Molluscs, Mustard, Fish, Sulphur Dioxide

May contain:

Peanuts, Eggs

Suitable for:

Coeliacs, Vegetarians, Vegan

Handling Information

Directions For Use:

From Frozen unless otherwise stated Defrost at room temperature for 6 hours. Once defrosted do not refreeze. Once defrosted, label each individual product with Best Before Date: date of defrost + 28 days. To maintain gluten-free and vegan integrity, please ensure all equipment used for gluten-free and vegan

Storage Instructions:

Keep Frozen. Store at -18°C or below

Product Ingredients

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Gluten-Free OATS (37%), Golden Syrup, Palm Oil, Brown Sugar, PECAN NUTS (4%), Oligofructose, Rapeseed Oil, Dried Sweetened Cranberries (4%) (Cranberries, Sugar), Sunflower Seeds (3%), Desiccated Coconut, Water, Pumpkin Seeds (3%), Flavouring, Emulsifier (E471), Salt.

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

449 kcal / 1883 kJ

Fat:

20.2 g

of which saturates:

6.6 g

Carbohydrates:

57 g

of which sugars:

22.6 g

Fibre:

4.6 g

Protein:

7.5 g

Salt:

0.06 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.