



205703C Gluten Free Seeded Roll (Genius)



Pack Size: 25 X 68G

Details: Perfect for burgers and sandwiches, ideal as a soup and salad accompaniment. 4'' diameter.

Allergen Information

Contains:

Eggs

Free from:

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

Suitable for:

Vegetarians

Handling Information

Directions For Use:

Defrost thoroughly in a cool dry place before use. Consume within 2 days of defrosting.

Storage Instructions:

Keep frozen, store frozen at -18°C or below. Once defrosted do not re-freeze.

Shelf Life Once Open:

2 Days

Product Ingredients

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Water, Starches (Tapioca, Potato, Maize), Mixed Seeds (18%) (Sunflower, Linseed, Flaxseed, Millet, Poppy), Rice Flour, Rapeseed Oil, Humectant (Vegetable Glycerol), Brown Flaxseed, Yeast, Black Treacle, Psyllium Husk, Iodised Salt (Salt, Potassium Iodate), Stabiliser (Hydroxypropyl Methyl Cellulose, Xanthan Gum), Vegetable Fibres

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

322 kcal / 1345 kJ

Fat:

13 g

of which saturates:

1.2 g

Carbohydrates:

38.1 g

of which sugars:

2.7 g

Fibre:

7.1 g

Protein:

5.6 g

Salt:

0.65 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.