

## 206507C Bao Hirata Buns



**Pack Size:** 2X30X50G

**Details:** Hirata buns or bao buns closely resemble sandwiches or tacos and have become a firm favourite in Japanese ramen stores. Serve these tasty treats as an appetiser or side dish.

### Allergen Information

**Contains:**

Cereal, Gluten

**Free from:**

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

**May contain:**

Sesame

**Suitable for:**

Vegetarians, Vegan

### Handling Information

**Directions For Use:**

From Frozen unless otherwise stated Microwave: (1900W): Place two buns on a non-metallic plate. Cook at full power for 20 seconds. Oven: Steam Oven: Place buns on top of the greaseproof paper discs (supplied in the box) and place on a wire rack with a 5cm gap between each bun. Steam on full power (100%) for 8 minutes. Hob: Place

**Storage Instructions:**

Keep Frozen. Store at -18°C or below

### Product Ingredients

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WHEAT Flour, Water, Corn Starch, Sugar, Fully Refined Soybean Oil, Yeast, Raising Agents (Sodium Bicarbonate, Disodium Diphosphate, Mono Calcium Phosphate), Salt, Tapioca Starch.

### Nutritional Information

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

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

**Energy:**

281 kcal / 1176 kJ

**Fat:**

3.9 g

**of which saturates:**

0.5 g

**Carbohydrates:**

55.6 g

**of which sugars:**

8.4 g

**Fibre:**

1.5 g

**Protein:**

5.2 g

**Salt:**

0.45 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.