



## 206814C Wholemeal Deli Roll (Kara)



Pack Size: 6 X 6

**Details:** A pre-sliced wholemeal deli roll coated with a semolina topping, ideal for sub sandwiches.

-Thaw and Serve.

-Each roll weighs approx. 100g.

### Allergen Information

**Contains:**

Cereal, Gluten

**Free from:**

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

**May contain:**

Milk, Eggs, Sesame, Soya

**Suitable for:**

Vegetarians

### Handling Information

**Directions For Use:**

Store Frozen at -18°C or below.

To defrost: remove from the case and leave in the pack at room temperature for 2 hours, or until fully defrosted.

Once defrosted do not refreeze.

**Storage Instructions:**

Once defrosted, store in a container, in a cool dry place away from direct sunlight. Once defrosted use within 48 hours.

### Product Ingredients

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Wholemeal **WHEAT** Flour, Water, **WHEAT** Semolina, Palm Oil, Wheat Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Sugar, Yeast (Yeast, Deactivated Yeast), Salt, Flour Treatment Agent (E300).

### Nutritional Information

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

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

**Energy:**

242 kcal / 1020 kJ

**Fat:**

3.3 g

**of which saturates:**

1.4 g

**Carbohydrates:**

40.2 g

**of which sugars:**

3.7 g

**Fibre:**

7.2 g

**Protein:**

9.3 g

**Salt:**

0.83 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.