



## 206830C English Muffins (Kara)



Pack Size: 48 X 72G

**Details:** Traditional white English muffins, coated with semolina, with a soft open texture. Perfect lightly toasted or for serving under Eggs Benedict.  
-Thaw and serve.  
-Each muffin weighs approx. 72g.

### Allergen Information

**Contains:**

Cereal, Soya, Gluten

**Free from:**

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

**May contain:**

Sesame

**Suitable for:**

Vegetarians, Vegan

### Handling Information

**Directions For 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 from direct sunlight. Once defrosted use within 3 days. Once defrosted do not refreeze.

**Storage Instructions:**

Store Frozen at -18°C or below

**Shelf Life Once Open:**

3 Days

### Product Ingredients

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Wheat Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Semolina (**WHEAT**), Salt, Yeast, **SOYA** Flour, Sugar, Palm Oil, Spirit Vinegar, Emulsifier (E472e), Preservative (E282), Flour Treatment Agent (E300).

### Nutritional Information

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

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

**Energy:**

220 kcal / 930 kJ

**Fat:**

1.5 g

**of which saturates:**

0.5 g

**Carbohydrates:**

41.7 g

**of which sugars:**

4.4 g

**Fibre:**

2.7 g

**Protein:**



8.4 g

**Salt:**

1 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.