



## 309940C Gluten Free Self Raising Flour (Middletons)



Pack Size: 4 X 3KG

**Details:** Gluten free self-raising flour that can be used in a variety of recipes. This gluten free self-raising flour is mainly based on rice flour which tends to be non-allergenic and digests well for most people.

### Allergen Information

**Free from:**

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

**Suitable for:**

Coeliacs, Vegetarians, Vegan

### Handling Information

**Directions For Use:**

Use as required.

**Storage Instructions:**

Store in a cool dry place away from strong odours and direct sunlight.

### Product Ingredients

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Rice Flour, Potato Starch, Tapioca Starch, Maize Starch, Raising Agents (E341(i), E500(ii)), Buckwheat Flour, Thickener (Xanthan Gum).

### Nutritional Information

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

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

**Energy:**

330 kcal / 1401 kJ

**Fat:**

0.6 g

**of which saturates:**

0.2 g

**Carbohydrates:**

76 g

**of which sugars:**

0.1 g

**Fibre:**

No Data

**Protein:**

4.9 g

**Salt:**

2 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.

