



309940S Gluten Free Self Raising Flour (Middletons)



Pack Size: 3KG TUB

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.

