



## 309941S Gluten Free Plain Flour (Middletons)



**Pack Size:** 3KG TUB

**Details:** Gluten free plain flour that can be used in a variety of recipes. This gluten free plain flour is mainly based on rice flour which tends to be non-allergenic and digests well for most people. Use it to thicken soups and stews, and as an alternative to wheat flour in cakes and biscuits.

### 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, Tapioca Starch, Potato Starch, Maize Starch, Buckwheat Flour.

### Nutritional Information

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

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

**Energy:**

351 kcal / 1490 kJ

**Fat:**

0.7 g

**of which saturates:**

0.2 g

**Carbohydrates:**

81 g

**of which sugars:**

0.1 g

**Fibre:**

8 g

**Protein:**

5.3 g

**Salt:**

0 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.

