



## Kara 4.5in Floured Bread Bap - 4x12

### Product Disclaimer:

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### Product Images



## Allergens

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Celery	No
Gluten	Yes
Crustacea	No
Eggs	No
Fish	No
Lupin	No
Milk	No
Molluscs	No
Mustard	No
Nuts	No
Peanuts	No
Sesame	May Contain
Soybeans	No
Sulphites	No

## Ingredients

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Ingredients	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin & Thiamin), Water, Salt, Yeast, Sugar, Rapeseed Oil, Emulsifiers: E471, E472(e). Flour Treatment Agents: E300, E920.
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## Dietary Information

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Approved for a Halal Diet	No
Approved for a Kosher Diet	No
Suitable for Coeliacs	No
Suitable for Lactose-Free Diet	Yes
Suitable for a Vegan Diet	Yes
Suitable for a Vegetarian Diet	Yes

## Nutritional Information

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Carbohydrate Per 100g (g)	46.9 g
Carbohydrate of which Sugars per 100g (g)	3.4 g
Fat per 100g (g)	1.7 g
Fat of which Saturates per 100g (g)	0.2 g
Fibre per 100g	3.3 g
Energy per 100g (kcal)	246 kcal
Energy per 100g (kJ)	1042 kJ
Protein per 100g (g)	9 g
Salt per 100g (g)	0.9 g