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Version 3.0

Status Published

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Kara English White Muffins x6

White English Muffins 8x6x72g

PRODUCT DESCRIPTION

English Muffin coated in semolina. 6 Muffins per pack.

Manufacturer Product Code	F00976
Manufacturer Version Number	8
Product Type	Food
Product Category	Other Bakery Products
Storage Type	Frozen
Erudus ID	b2cc391f97f14d6b87f22f3490aa2069
Specification Type	Bakery Products



Outer Case GTIN 05010066109765



INGREDIENTS

Ingredient Declaration

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).

ALLERGENS

Product Contains:

Celery/Celeriac	No	Mustard	No
Cereals Containing Gluten	Yes	Nuts (Tree)	No
Barley	No	Almond nuts	No
Oats	No	Brazil nuts	No
Rye	No	Cashew nuts	No
Wheat (including Spelt and Khorasan)	Yes	Hazelnuts	No
Crustacea	No	Macadamia (Queensland) nuts	No
Eggs	No	Pecan nuts	No
Fish	No	Pistachio nuts	No
Lupin	No	Walnuts	No
Milk	No	Peanuts	No
Molluscs	No	Sesame Seeds	May Contain
		Soybeans	Yes
		Sulphur Dioxide and Sulphites	No

Risk Source:

Sesame Seeds (Risk Source)	Factory
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Allergen Statement On Pack

For allergens (including cereals containing gluten), see ingredients in CAPITALS. Also, may contain sesame.

DIET SUITABILITY

Vegan Diet	Suitable for	Vegetarian Diet	Suitable for
Halal Diet	No	Kosher Diet	No

NUTRITIONAL INFORMATION AS SOLD

Each 100g/ml portion contains:



of your reference intake.

Typical values per 100g/ml : Energy 220kcal / 930kJ

Nutrient	per 100g	RI per 100g	per 72g serving	RI per 72g serving
Energy (kJ)	930 kJ	11%	669.6	8%
Energy (kcal)	220 kcal	11%	158.4	8%
Fat	1.5 g	2%	1.08 g	2%
of which Saturates	0.5 g	3%	0.36 g	2%
of which Mono-unsaturates	0.4 g		0.29 g	
of which Polyunsaturates	0.5 g		0.36 g	
Carbohydrate	41.7 g	16%	30.02 g	12%
of which Sugars	4.4 g	5%	3.17 g	4%
of which Polyols	0 g		0 g	
of which Starch	37.3 g		26.86 g	
Fibre	2.7 g		1.94 g	
Protein	8.4 g	17%	6.05 g	12%
Salt	1 g	17%	0.72 g	12%
Sodium	400 mg		288 mg	
Serving Size	72 g			
Serving Size Description	Per muffin			

Source of Nutritional Information Manufacturers analysis

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. For best results slice and place in a toaster or grill until golden brown. .

Storage Instructions

Store Frozen at -18°C or below

HANDLING & STORAGE INFORMATION

ORIGIN

Product Country of Origin United Kingdom

Origin of the Primary Ingredient

MARKETING INFORMATION

Marketing Description

A white English Muffin, coated in semolina. Serve toasted and top with avocado, eggs and salmon for a traditional English breakfast offering.

CONTACT
INFORMATION

Address

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