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Kara Medium Malted Bloomer

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PRODUCT DESCRIPTION

A medium sliced D shaped malted bloomer, perfect for toast and sandwiches.

Brand	Kara Foodservice (Fletchers)
Manufacturer Product Code	F02389
Product Type	Food
Product Category	Bread and Bread Products
Storage Type	Frozen
Erudus ID	04b1f72fc3014308b7d19c0002bb71aa
Specification Type	Legacy
Outer Case GTIN	05051788123899



INGREDIENTS

Ingredient Declaration
Wheat Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Malted **WHEAT** Flakes (3.5%), **WHEAT** Flour, Malted **BARLEY** Flour, **WHEAT** Gluten, Salt, Yeast, Palm Oil, Emulsifiers (E472e, E471), **WHEAT** Bran, Spirit Vinegar, **BARLEY** Flour, Preservative (E282), **SOYA** Flour, Flour Treatment Agent (E300).

ALLERGENS

Product Contains:

Celery/Celeriac	No
Cereals Containing Gluten	Yes
Barley	Yes
Oats	No
Rye	No
Wheat (including Spelt and Khorasan)	Yes
Gluten content <20ppm	No
Crustacea	No
Eggs	No
Fish	No
Lupin	No
Milk	No
Molluscs	No

Mustard	No
Nuts (Tree)	No
Almond nuts	No
Brazil nuts	No
Cashew nuts	No
Hazelnuts	No
Macadamia (Queensland) nuts	No
Pecan nuts	No
Pistachio nuts	No
Walnuts	No
Peanuts	No
Sesame Seeds	No
Soybeans	Yes
Sulphur Dioxide and Sulphites	No

Additional Allergen Information

For allergens (including cereals containing gluten), see ingredients in CAPITALS.

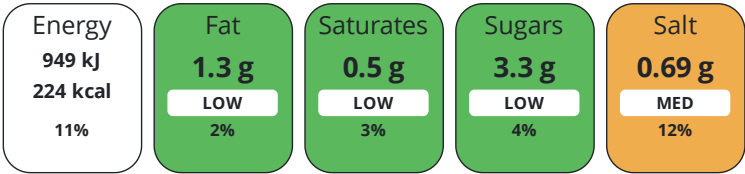
DIET
SUITABILITY

Suitable for Coeliacs	No
Kosher Diet	No
Vegan Diet	Suitable for

Halal Diet	No
Vegetarian Diet	Suitable for

NUTRITIONAL
INFORMATION

Each 100g/ml portion contains:



of your reference intake.

Typical values per 100g/ml : Energy 224kcal / 949kJ

Nutrient	per 100g/ml	RI per 100g/ml	per 42g/ml serving	RI per 42g/ml serving
Energy (kJ)	949 kJ	11%	398.6 kJ	5%
Energy (kcal)	224 kcal	11%	94.1 kcal	5%
Fat	1.3 g	2%	0.5 g	1%
of which Saturates	0.5 g	3%	0.2 g	1%
of which Mono-unsaturates	0.4 g		0.2 g	
of which Polyunsaturates	0.4 g		0.2 g	
Carbohydrate	42.5 g	16%	17.9 g	7%
of which Sugars	3.3 g	4%	1.4 g	2%
of which Starch	39.2 g		16.5 g	
Fibre	4.6 g		1.9 g	
Protein	8.3 g	17%	3.5 g	7%
Salt	0.69 g	12%	0.3 g	5%
Sodium	275 mg		115.5 mg	

Serving Size

42 g

HANDLING &
STORAGE
INFORMATION

Directions For Use

Keep frozen until use To defrost: Remove from case and leave in bag at room temperature for approximately 3 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 5 days. Once defrosted do not refreeze.

Storage Instructions

Store Frozen at -18°C or below

ORIGIN

Product Country of Origin/Place of United Kingdom

Provenance

Address

Kara Foodservice (Fletchers)
Park Seventeen
Moss Lane
Whitefield
Manchester
M45 8FJ
England

P: (Phone) 0161 766 7471

CONTACT
INFORMATION

The information on the [Erudus System](#) has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provided by Erudus.

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