

630988

Kara Bakers Basket

Kara Bakers Basket

PRODUCT DESCRIPTION

A selection of three premium dinner rolls: White Roll, Wholemeal Roll and Seeded Roll. Great served warm for starters or with to accompany soups and dips.

Brand	Kara Foodservice (Fletchers)
Manufacturer Product Code	F04295
Product Type	Food
Product Category	Bread and Bread Products
Storage Type	Frozen
Erudus ID	94f85c0941c24cb1903829283ea2f7da
Specification Type	Legacy

White Rolls

Manufacturer Component Code	F04295
Outer Case GTIN	05051788142951



INGREDIENTS

Ingredient Declaration

Wheat Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Fermented **WHEAT** Flour, Palm Oil, Sugar, Yeast, Salt, Emulsifiers: E471, E472e. Calcium Sulphate, **WHEAT** Flour, **SOYA** Flour, Natural Flavouring, 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
Gluten content <20ppm	No	Macadamia (Queensland) nuts	No
Crustacea	No	Pecan nuts	No
Eggs	May Contain	Pistachio nuts	No
Fish	No	Walnuts	No
Lupin	No	Peanuts	No
Milk	May Contain	Sesame Seeds	May Contain
Molluscs	No	Soybeans	Yes
		Sulphur Dioxide and Sulphites	No

Risk Source:

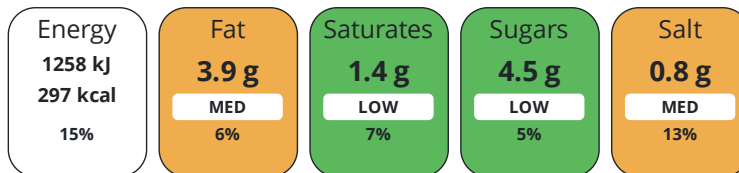
Additional Allergen Information

For allergens (including cereals containing gluten), see ingredients in bold. Also may contain egg, milk and sesame.

DIET SUITABILITY

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

Each 100g/ml portion contains:



of your reference intake.

Typical values per 100g/ml : Energy 297kcal / 1258kJ

Nutrient	per 100g/ml	RI per 100g/ml	per 49g/ml serving	RI per 49g/ml serving
Energy (kJ)	1258 kJ	15%	616.4 kJ	7%
Energy (kcal)	297 kcal	15%	145.5 kcal	7%
Fat	3.9 g	6%	1.9 g	3%
of which Saturates	1.4 g	7%	0.7 g	4%
of which Mono-unsaturates	1.5 g		0.7 g	
of which Polyunsaturates	0.9 g		0.4 g	
Carbohydrate	49.9 g	19%	24.5 g	9%
of which Sugars	4.5 g	5%	2.2 g	2%
Fibre	2.4 g		1.2 g	
Protein	9.9 g	20%	4.9 g	10%
Salt	0.8 g	13%	0.4 g	7%
Sodium	318 mg		155.8 mg	
Serving Size	49 g			

Directions For Use

Best served Bake from frozen in a pre heated oven - 220°C/ 180°C Fan/ 425°F/ Gas mark 7 for 8 minutes. 10 minutes standing time. Guidelines only as ovens may vary. Alternatively for a soft eat defrost in packaging for approximately 2 hours. Ensure thoroughly defrosted before serving.

Storage Instructions

Store Frozen at -18°C or below. To defrost: Keep frozen until 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 2 days Once defrosted do not refreeze.

Product Country of Origin/Place of Provenance United Kingdom

Wholemeal Rolls

Manufacturer Component Code F04295
 Outer Case GTIN 05051788142951



INGREDIENTS

Ingredient Declaration

Wholemeal **WHEAT** Flour, Water, Palm Oil, Sugar, Fermented **WHEAT** Flour, Yeast, Fortified Wheat Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt, **OATS**, Calcium Sulphate, Emulsifiers (E472e, E482), **SOYA** Flour, 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	Yes	Brazil nuts	No
Rye	No	Cashew nuts	No
Wheat (including Spelt and Khorasan)	Yes	Hazelnuts	No
Gluten content <20ppm	No	Macadamia (Queensland) nuts	No
Crustacea	No	Pecan nuts	No
Eggs	May Contain	Pistachio nuts	No
Fish	No	Walnuts	No
Lupin	No	Peanuts	No
Milk	May Contain	Sesame Seeds	May Contain
Molluscs	No	Soybeans	Yes
		Sulphur Dioxide and Sulphites	No

Risk Source:

Additional Allergen Information

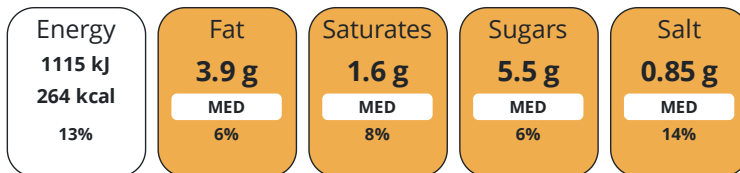
For allergens (including cereals containing gluten), see ingredients in CAPITALS. Also may contain egg, milk and sesame.

DIET SUITABILITY

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

NUTRITIONAL INFORMATION

Each 100g/ml portion contains:



of your reference intake.

Typical values per 100g/ml : Energy 264kcal / 1115kJ

Nutrient	per 100g/ml	RI per 100g/ml	per 49g/ml serving	RI per 49g/ml serving
Energy (kJ)	1115 kJ	13%	546.4 kJ	7%
Energy (kcal)	264 kcal	13%	129.4 kcal	6%
Fat	3.9 g	6%	1.9 g	3%
of which Saturates	1.6 g	8%	0.8 g	4%
of which Mono-unsaturates	1.3 g		0.6 g	
of which Polyunsaturates	0.8 g		0.4 g	
Carbohydrate	44 g	17%	21.6 g	8%
of which Sugars	5.5 g	6%	2.7 g	3%
Fibre	6.6 g		3.2 g	
Protein	10 g	20%	4.9 g	10%
Salt	0.85 g	14%	0.4 g	7%
Sodium	341 mg		167.1 mg	
Serving Size	49 g			

HANDLING &
STORAGE
INFORMATION

Directions For Use

Best served Bake from frozen in a pre heated oven - 220°C/ 180°C Fan/ 425°F/ Gas mark 7 for 8 minutes. 10 minutes standing time. Guidelines only as ovens may vary. Alternatively for a soft eat defrost in packaging for approximately 2 hours. Ensure thoroughly defrosted before serving.

Storage Instructions

Store Frozen at -18°C or below. To defrost: Keep frozen until 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 2 days Once defrosted do not refreeze.

ORIGIN

Product Country of Origin/Place of Provenance United Kingdom

Seeded Rolls

Manufacturer Component Code F04295
 Outer Case GTIN 05051788142951



INGREDIENTS

Ingredient Declaration

Wheat Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Mixed Seeds (14%) (Brown Linseed, Sunflower Seeds, Golden Linseed, Millet Seeds, Poppy Seeds), Palm Oil, Fermented **WHEAT** Flour, Yeast, Sugar, Salt, Calcium Sulphate, **SOYA** Flour, Emulsifier (E472e), 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
Gluten content <20ppm	No	Macadamia (Queensland) nuts	No
Crustacea	No	Pecan nuts	No
Eggs	May Contain	Pistachio nuts	No
Fish	No	Walnuts	No
Lupin	No	Peanuts	No
Milk	May Contain	Sesame Seeds	May Contain
Molluscs	No	Soybeans	Yes
		Sulphur Dioxide and Sulphites	No

Risk Source:

Additional Allergen Information

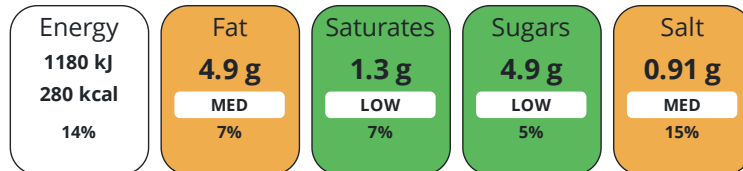
For allergens (including cereals containing gluten), see ingredients in CAPTIALS. Also may contain egg, milk and sesame.

DIET SUITABILITY

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

NUTRITIONAL INFORMATION

Each 100g/ml portion contains:



of your reference intake.

Typical values per 100g/ml : Energy 280kcal / 1180kJ

Nutrient	per 100g/ml	RI per 100g/ml	per 49g/ml serving	RI per 49g/ml serving
Energy (kJ)	1180 kJ	14%	578.2 kJ	7%
Energy (kcal)	280 kcal	14%	137.2 kcal	7%
Fat	4.9 g	7%	2.4 g	3%
of which Saturates	1.3 g	7%	0.6 g	3%
of which Mono-unsaturates	1.6 g		0.8 g	
of which Polyunsaturates	1.7 g		0.8 g	
Carbohydrate	43.8 g	17%	21.5 g	8%
of which Sugars	4.9 g	5%	2.4 g	3%
of which Starch	30.5 g		14.9 g	
Fibre	8.4 g		4.1 g	
Protein	11 g	22%	5.4 g	11%
Salt	0.91 g	15%	0.4 g	7%
Sodium	363 mg		177.9 mg	

Serving Size 49 g

**HANDLING &
STORAGE
INFORMATION**

Directions For Use

Best served Bake from frozen in a pre heated oven - 220°C/ 180°C Fan/ 425°F/ Gas mark 7 for 8 minutes. 10 minutes standing time. Guidelines only as ovens may vary. Alternatively for a soft eat defrost in packaging for approximately 2 hours. Ensure thoroughly defrosted before serving.

Storage Instructions

Store Frozen at -18°C or below. To defrost: Keep frozen until 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 2 days Once defrosted do not refreeze.

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.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions.