

640500

Kara Medium White Bloomer

Kara Medium White Bloomer

PRODUCT DESCRIPTION

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

Brand	Kara Foodservice (Fletchers)
Manufacturer Product Code	F02388
Product Type	Food
Product Category	Bread and Bread Products
Storage Type	Frozen
Erudus ID	dd6541419e1e46d382a6bf086d64c5c5
Specification Type	Legacy
Outer Case GTIN	05051788123882



INGREDIENTS

Ingredient Declaration

Wheat Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Palm Oil, Salt, **WHEAT** Gluten, Yeast, Emulsifier (E472e), Spirit Vinegar, Preservative (E282), Flour Treatment Agent (E300).

ALLERGENS

Product Contains:

Celery/Celeriac	No	Mustard	No
Cereals Containing Gluten	Yes	Nuts (Tree)	No
Barley	May Contain	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	No	Pistachio nuts	No
Fish	No	Walnuts	No
Lupin	No	Peanuts	No
Milk	No	Sesame Seeds	No
Molluscs	No	Soybeans	May Contain
		Sulphur Dioxide and Sulphites	No

Risk Source:

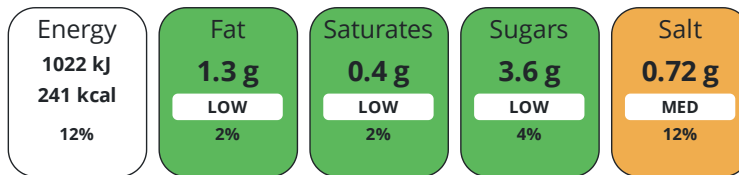
Additional Allergen Information

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

DIET SUITABILITY

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

Each 100g/ml portion contains:



of your reference intake.

Typical values per 100g/ml : Energy 241kcal / 1022kJ

Nutrient	per 100g/ml	RI per 100g/ml	per 42g/ml serving	RI per 42g/ml serving
Energy (kJ)	1022 kJ	12%	429.2 kJ	5%
Energy (kcal)	241 kcal	12%	101.2 kcal	5%
Fat	1.3 g	2%	0.5 g	1%
of which Saturates	0.4 g	2%	0.2 g	1%
of which Mono-unsaturates	0.5 g		0.2 g	
of which Polyunsaturates	0.4 g		0.2 g	
Carbohydrate	47.5 g	18%	20 g	8%
of which Sugars	3.6 g	4%	1.5 g	2%
of which Starch	43.9 g		18.4 g	
Fibre	2.7 g		1.1 g	
Protein	8.5 g	17%	3.6 g	7%
Salt	0.72 g	12%	0.3 g	5%
Sodium	287 mg		120.5 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.

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.