

640372

Kara MK4 Floured Bap 4 x 12

Kara Mk4 Floured Bap 4 X 12

PRODUCT DESCRIPTION

A soft white bread bap, dusted with flour.

Brand	Kara Foodservice (Fletchers)
Manufacturer Product Code	F00266
Product Type	Food
Product Category	Bread and Bread Products
Storage Type	Frozen
Erudus ID	2a83be51a1774f03b76699f40673e317
Specification Type	Legacy



Outer Case GTIN	5011639001165
------------------------	---------------



INGREDIENTS

Ingredient Declaration

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

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	No	Pistachio nuts	No
Fish	No	Walnuts	No
Lupin	No	Peanuts	No
Milk	No	Sesame Seeds	May Contain
Molluscs	No	Soybeans	No
		Sulphur Dioxide and Sulphites	No

Risk Source:

Additional Allergen Information

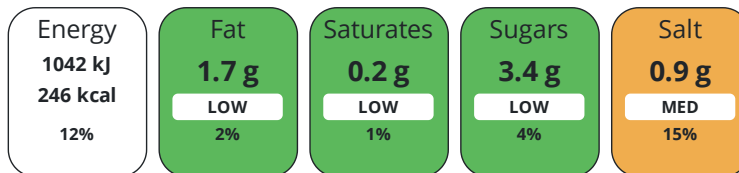
For allergens, including cereals containing Gluten, see ingredients in bold/CAPITALS MAY CONTAIN SESAME SEED

DIET SUITABILITY

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

NUTRITIONAL
INFORMATION

Each 100g/ml portion contains:



of your reference intake.

Typical values per 100g/ml : Energy 246kcal / 1042kJ

Nutrient	per 100g/ml	RI per 100g/ml	per 50g/ml serving	RI per 50g/ml serving
Energy (kJ)	1042 kJ	12%	521 kJ	6%
Energy (kcal)	246 kcal	12%	123 kcal	6%
Fat	1.7 g	2%	0.9 g	1%
of which Saturates	0.2 g	1%	0.1 g	1%
of which Mono-unsaturates	0.7 g		0.4 g	
of which Polyunsaturates	0.8 g		0.4 g	
Carbohydrate	46.9 g	18%	23.5 g	9%
of which Sugars	3.4 g	4%	1.7 g	2%
Fibre	3.3 g		1.7 g	
Protein	9 g	18%	4.5 g	9%
Salt	0.9 g	15%	0.5 g	8%
Sodium	346 mg		173 mg	

Serving Size 50 g

HANDLING &
STORAGE
INFORMATION

Directions For Use

Defrost thoroughly before use. Remove from case and leave in bag at room temperature for 1 – 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 4 days. Do not refreeze.

Storage Instructions

Keep frozen, store frozen at -18°C (0°F) or below. Once defrosted do not refreeze.

ORIGIN

Product Country of Origin/Place of United Kingdom

Provenance

Additional Origin Details

N/A

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.