



Kara English White Muffins (48 x 72g)

Product Information

Product Code	4802
Erudus ID	b2cc391f97f14d6b87f22f3490aa2069
Traded Unit GTIN	05010066109765
Internal GTIN	
Supplier Name	Kara Foodservice (Fletchers)
Brand	Kara
Storage	Frozen

Product Description & Ingredients

Product Description	A traditional savoury English muffin with a deliciously soft, open texture. Serve toasted and carefully topped with seasoned avocado, poached eggs and fresh salmon for a contemporary breakfast offering. Or make a delicious sticky sausage sarnie. Suitable for vegetarians.
Erudus Ingredients	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

Celery	No
Cereals Containing Gluten	Yes
Crustacea	No
Eggs	No
Fish	No
Lupin	No
Milk	No
Molluscs	No
Mustard	No
Nuts	No

Peanuts	No
Sesame	May Contain
Soybeans	Yes
Sulphites	No

Dietary Information

Suitable for Coeliacs	
Suitable for Lactose-Free Diet	
Suitable for a Vegan Diet	Yes
Suitable for a Vegetarian Diet	Yes
Approved for a Halal Diet	No
Approved for a Kosher Diet	No

Nutritional Information

Energy per 100g (kcal)	220 kcal
Energy per 100g (kJ)	930 kJ
Carbs Per 100g	41.7 g
Carbs of which Sugars per 100g	4.4 g
Fat per 100g	1.5 g
Fat of which Saturates per 100g	0.5 g
Protein per 100g	8.4 g
Fibre per 100g	2.7 g
Salt per 100g	1 g

Disclaimer:

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