



## Kara Mighty Floured Baps (24 x 115g)

### Product Information

Product Code	4809
Erudus ID	241f5d9447b64fb49e524d825429194e
Traded Unit GTIN	05010066882071
Internal GTIN	
Supplier Name	Kara Foodservice (Fletchers)
Brand	Kara
Storage	Frozen

### Product Description & Ingredients

Product Description	Extra-large, pre-sliced white baps covered in a light flour dusting. Enjoy in the morning with hot breakfast ingredients, such as sausage and bacon, or fill with cold sandwich fillings for a satisfying lunchtime option. Suitable for vegetarians and vegans.
Erudus Ingredients	WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Sugar, Salt, Yeast, Rapeseed Oil, Emulsifiers: E471, E472(e). Flour Treatment Agents: E300, E920.

### 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	<b>May Contain</b>
Soybeans	<b>No</b>
Sulphites	<b>No</b>

## Dietary Information

Suitable for Coeliacs	<b>No</b>
Suitable for Lactose-Free Diet	<b>Yes</b>
Suitable for a Vegan Diet	<b>Yes</b>
Suitable for a Vegetarian Diet	<b>Yes</b>
Approved for a Halal Diet	<b>No</b>
Approved for a Kosher Diet	<b>No</b>

## Nutritional Information

Energy per 100g (kcal)	<b>242 kcal</b>
Energy per 100g (kj)	<b>1026 kJ</b>
Carbs Per 100g	<b>46.6 g</b>
Carbs of which Sugars per 100g	<b>3.4 g</b>
Fat per 100g	<b>1.6 g</b>
Fat of which Saturates per 100g	<b>0.2 g</b>
Protein per 100g	<b>8.9 g</b>
Fibre per 100g	<b>3.2 g</b>
Salt per 100g	<b>0.9 g</b>

## Disclaimer:

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