



Triple Lion Gram Flour (6 x 2kg)

Product Information

Product Code	S1518
Erudus ID	24ae4bc1dd0a4f9e9a7a64390bed4fad
Traded Unit GTIN	05021114000255
Internal GTIN	5021114000293
Supplier Name	SPL Foods Ltd
Brand	SPL Foods Ltd
Storage	Ambient

Product Description & Ingredients

Product Description	Triple Lion Gram Flour, versatile and gluten-free, used in batters, for thickening soups, and in Indian cooking.
Erudus Ingredients	Ground Split Chick Peas, Ground Yellow Peas.

Allergens

Celery	No
Cereals Containing Gluten	No
Crustacea	No
Eggs	No
Fish	No
Lupin	No
Milk	No
Molluscs	No
Mustard	No
Nuts	No
Peanuts	No
Sesame	No
Soybeans	No

Sulphites	No
-----------	----

Dietary Information

Suitable for Coeliacs	Yes
Suitable for Lactose-Free Diet	Yes
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)	290 kcal
Energy per 100g (kJ)	1222 kJ
Carbs Per 100g	49.6 g
Carbs of which Sugars per 100g	2.6 g
Fat per 100g	0.8 g
Fat of which Saturates per 100g	0.4 g
Protein per 100g	20.7 g
Fibre per 100g	23 g
Salt per 100g	0.01 g

Disclaimer:

While we endeavour to ensure the accuracy of all product, pricing, and nutritional data at all times, and that information is provided in good faith, we are not the manufacturers of these products. Consequently, any such information we provide is reliant on the accuracy and completeness of the information given to us by our suppliers.

We do not, therefore, accept liability for any inaccuracies or incorrect product information contained on this site and cannot be held responsible for any inaccuracies or omissions in this information.

From time to time, recipes and/or formulations of products supplied to us by our suppliers may change, and the information we provide may be inaccurate for a period until we are notified by the supplier of these changes and can update the product information on this site. **We therefore recommend that you check the product packaging carefully before using or consuming any products, rather than relying solely on the information provided by us on this site.** Please also see our terms and conditions.