

Glutafin Gluten Free Part-Baked 4 Fibre Rolls

• Pack Size: 200g

• PIP Code: 344-3652

• Unit Value: ½



Product Description

Ciabatta-style rolls with a delicious texture and nutty flavour. Just like our part-baked white rolls, these fibre equivalents can be eaten straight from the pack or warmed up for a crispy crust. Our long life rolls have a longer best before date and will stay fresh for up to eight weeks. They taste great after freezing too.

Lactose free

High in Fibre

Ingredients

Maize starch, water, rice flour, sunflower seeds (7.5%), buckwheat flour (7.0%), linseed (5.5%), sugar beet syrup, vegetable fibre, rice starch, yeast, apple extract, thickener: (hydroxypropyl - methylcellulose); **soya** protein, salt, sunflower oil, acidifier: (tartaric acid).

May also contain Lupin

Nutritional Information

	Per 100g	Per roll (50g)
Energy	1150kJ/ 274kcal	575kJ/ 137kcal
Fat	8.1g	4.1g
of which saturates	1.0g	0.5g
Carbohydrate	40g	20g
of which sugars	3.7g	1.8g
Fibres	8.9g	4.5g
Protein	5.8g	2.9g
Salt	1.0g	0.50g