

Glutafin Gluten Free Multipurpose Fibre Mix

• Pack Size: 500g

• PIP Code: 231-2973

• Unit Value: 2



Product Description

The fibre-rich version of our gluten free and wheat free multipurpose mix, this flour gives great baking results and has a nutty, wholesome flavor.

Source of
Folic Acid

Source of
Calcium

Lactose free

Ingredients

Maize starch, potato starch, sorghum flour, dextrose, thickeners: (powdered cellulose, hydroxypropyl - methylcellulose), maize flour, apple fibre, pea protein, sugar beet fibre, teff flour, calcium citrate, rice bran, folic acid.

Pack contains a sachet (10g) of dried yeast.

Nutritional Information

	Per 100g dry mix	Per product
Energy	1397kJ/ 331kcal	917kJ/ 218kcal
Fat	1.3g	4.0g
of which saturates	0.2g	0.8g
Carbohydrate	69g	38g
of which sugars	6.2g	2.2g
Fibres	12g	9.0g
Protein	4.7g	3.0g
Salt	0.30g	1.0g
Calcium	320mg (40%RDA)	190mcg (24%RDA)
Folic Acid	50mcg (25%RDA)	50mcg (25%RDA)