

Glutafin Gluten Free Select Bread Mix

• Pack Size: 500g

• PIP Code: 274-4951

• Unit Value: 2



Product Description

Excellent for baking in the oven or breadmaker, this mix makes delicious loaves, rolls, baps, pizzas, sweet loaves and flatbreads. Glutafin gluten free select flour mixes make it easy to bake all your favourite goodies, and are a good source of calcium and folic acid for healthy bones and digestion.

Source of
Folic Acid

Source of
Calcium

Ingredients

Gluten free **wheat** starch, rice starch, skimmed **milk** powder, dextrose, thickeners: (guar gum, hydroxypropyl methyl cellulose); salt, calcium citrate, raising agent: (glucono-delta-lactone sodium bicarbonate), maize starch, folic acid.

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

Nutritional Information

	Per 100g dry mix	# Large Oven Loaf per 100g
Energy	1483kJ/ 349kcal	932kJ/ 220kcal
Fat	0.3g	1.9g
of which saturates	0.2g	0.6g
Carbohydrate	80g	46g
of which sugars	11g	5.5g
Fibres	1.7g	1.5g
Protein	5.8g	4.0g
Salt	2.4g	1.5g
Calcium	480mg (60%RDA)	280mg (35%RDA)
Folic Acid	25mcg (13%RDA)	23mcg (12%RDA)