

Glutafin Gluten Free Select Fibre Bread Mix

• Pack Size: 500g

• PIP Code: 297-9912

• Unit Value: 2



Product Description

For fibre-rich loaves, rolls, baps, pizzas, sweet buns and flatbreads, select fibre bread mix gives great results. Use it in the oven or breadmaker. 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.



Ingredients

Gluten free **Wheat** starch, rice starch, skimmed **milk** powder, sugar beet fibre, sugar, dried glucose syrup, thickeners: powdered cellulose, guar gum, hydroxypropyl methyl cellulose; calcium citrate, raising agents: glucono-delta-lactone, sodium bicarbonate; maize starch, folic acid.

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

Nutritional Information

	Per 100g dry mix	Oven Loaf per 100g
Energy	1454kJ/ 343kcal	944kJ/ 223kcal
Fat	0.5g	1.9g
of which saturates	0.2g	0.4g
Carbohydrate	76g	45g
of which sugars	10g	6.6g
Fibres	6.3g	4.7g
Protein	5.5g	4.2g
Salt	0.5g	1.1g
Calcium	400mg (40%RDA)	320mg (24%RDA)
Folic Acid	30mcg (25%RDA)	30mcg (25%RDA)