



Glutafin

GLUTEN FREE

Glutafin Flour Mixes **FOR OTHER ALLERGIES**

For baking everyday favourites we recommend our Select Multipurpose White and Fibre Mixes. These versatile flour mixes offer fantastic results when used as a substitute for wheat flour in the recipes you made before you were diagnosed.

If you have other allergies, you may require one of the other mixes in our range. Please see below for the details of each of our other mixes.

Glutafin

GLUTEN FREE



GLUTAFIN GLUTEN FREE MULTIPURPOSE WHITE MIX

Ingredients

Rice flour, potato starch, whole milk powder, sugar, thickeners: (hydroxypropyl methyl cellulose); carob seed flour, calcium citrate, emulsifier; (mono- and diglycerides of fatty acids); folic acid.

May also contain Soya

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

**PIP CODE: 231-2981**

	Per 100g dry mix	Large Oven Loaf per 100g
Energy	1428kJ/ 338kcal	990kJ/ 234kcal
Fat	2.3g	2.8g
of which saturates	1.4g	0.6g
Carbohydrate	72g	48g
of which sugars	5.8g	2.8g
Fibres	6.2g	1.3g
Protein	4.1g	3.5g
Salt	0.43g	0.43g
Sodium	0.17g	0.27g
Calcium	120mg (15%RDA)	350mg (44%RDA)
Folic Acid	30mcg (13%RDA)	25mcg (13%RDA)



GLUTAFIN GLUTEN FREE MULTIPURPOSE FIBRE MIX

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.

**PIP CODE: 231-2973**

	Per 100g dry mix	Large Oven Loaf per 100g
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)

Glutafin

GLUTEN FREE



GLUTAFIN GLUTEN FREE BREAD MIX

Ingredients

Rice flour, potato starch, whole milk powder, sugar, thickeners: (hydroxypropyl methyl cellulose); carob seed flour, calcium citrate, emulsifier; (mono- and diglycerides of fatty acids); folic acid.

May also contain Soya

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


PIP CODE : 298-8418

	Per 100g dry mix	Large Oven Loaf per 100g
Energy	1428kJ/ 338kcal	990kJ/ 234kcal
Fat	2.3g	2.8g
of which saturates	1.4g	1.3g
Carbohydrate	72g	48g
of which sugars	5.8g	2.8g
Fibres	6.2g	1.3g
Protein	4.1g	3.5g
Salt	0.43g	0.43g
Calcium	120mg (50%RDA)	350mg (2%RDA)
Folic Acid	30mcg (15%RDA)	25mg (5%RDA)



GLUTAFIN GLUTEN FREE FIBRE BREAD MIX

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.


PIP CODE : 298-8426

	Per 100g dry mix	Large Oven Loaf per 100g
Energy	1397kJ/ 331kcal	917kJ/ 218kcal
Fat	1.3g	4g
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)	190mg (24%RDA)
Folic Acid	50mcg (25%RDA)	50mcg (25%RDA)