

Glutafin key product information

Glutafin

GLUTEN FREE

Glutafin Gluten Free Select range (Codex wheat starch)

Breads – Select Fresh*	Portion Size	Kcal per 100g	Protein per 100g	Gluten free	Wheat free	Lactose free	Source of calcium	Source of folic acid	High fibre	Contains milk	Contains egg	Contains soya	Contains lupin	Unit Guide	PIP Code
Glutafin Gluten Free Select Fresh White Loaf – sliced (400g)	140g (4 slices)	230	3.5g	✓*		✓	✓	✓	✓			✓	♦	8	290-6840
Glutafin Gluten Free Select Fresh Brown Loaf – sliced (400g)	140g (4 slices)	250	3.3g	✓*		✓	✓	✓	✓			♦	♦	8	330-6800
Breads – Select Longer-Life*															
Glutafin Gluten Free Select Seeded Loaf – sliced (400g)	140g (4 slices)	227	4.2g	✓*		✓	✓	✓	✓			✓	♦	1	308-9364
Glutafin Gluten Free Select White Loaf – sliced (400g)	140g (4 slices)	230	3.5g	✓*		✓	✓	✓	✓			✓	♦	1	054-6093
Glutafin Gluten Free Select Fibre Loaf – sliced (400g)	140g (4 slices)	250	3.3g	✓*		✓	✓	✓	✓			♦	♦	1	054-6101
Flour Mixes – Select*															
Glutafin Gluten Free Select Multipurpose White Mix (500g)	N/A	350	5.2g	✓*			✓	✓		✓				2	004-5187
Glutafin Gluten Free Select Multipurpose Fibre Mix (500g)	N/A	343	5.5g	✓*			✓	✓	✓	✓				2	004-5591
Glutafin Gluten Free Select Bread Mix (500g)	N/A	349	5.8g	✓*			✓	✓		✓				2	274-4951
Glutafin Gluten Free Select Fibre Bread Mix (500g)	N/A	341	6.3g	✓*			✓	✓		✓				2	297-9912

Glutafin Gluten Free range (Wheat free)

Breads and Rolls – Longer-Life	Portion Size	Kcal per 100g	Protein per 100g	Gluten free	Wheat free	Lactose free	Source of calcium	Source of folic acid	High fibre	Contains milk	Contains egg	Contains soya	Contains lupin	Unit Guide	PIP Code
Glutafin Gluten Free White Loaf – sliced (400g)	115g (4 slices)	215	3.8g	✓	✓	✓	✓	✓	✓			✓	♦	1	090-4268
Glutafin Gluten Free Fibre Loaf – sliced (400g)	120g (4 slices)	236	5.4g	✓	✓	✓	✓	✓				✓	♦	1	237-7356
Glutafin Gluten Free 4 White Rolls (200g)	50g (1 roll)	224	3.0g	✓	✓	✓						♦	✓	½	344-3645
Glutafin Gluten Free Part-Baked 4 Fibre Rolls (200g)	50g (1 roll)	274	5.8g	✓	✓	✓			✓			✓	♦	½	344-3652
Glutafin Gluten Free Part-Baked 4 White Rolls (200g)	50g (1 roll)	213	4.1g	✓	✓	✓			✓			✓		½	344-2753
Glutafin Gluten Free Part-Baked 2 Long White Rolls (150g)	75g (1 roll)	267	2.9g	✓	✓	✓			✓			✓		½	344-3637
Glutafin Gluten Free Part-Baked 2 Baguettes (350g)	87.5g (½ baguette)	267	2.9g	✓	✓	✓			✓			✓		1	224-0117
Flour Mixes															
Glutafin Gluten Free Multipurpose White Mix (500g)	N/A	331	4.1g	✓	✓		✓	✓		✓				2	231-2981
Glutafin Gluten Free Multipurpose Fibre Mix (500g)	N/A	331	4.7g	✓	✓	✓	✓	✓	✓					2	231-2973
Glutafin Gluten Free Bread Mix (500g)	N/A	316	3.9g	✓	✓		✓	✓		✓				2	298-8418
Glutafin Gluten Free Fibre Bread Mix (500g)	N/A	331	4.7g	✓	✓	✓	✓	✓	✓					2	298-8426
Pasta and Pizza Bases															
Glutafin Gluten Free Pasta Fusilli (500g)	80g	363	8.3g	✓	✓	✓						♦		2	211-5178
Glutafin Gluten Free Pasta Fibre Fusilli (500g)	80g	349	8.5g	✓	✓	✓			✓			♦		2	386-2646
Glutafin Gluten Free Pasta Penne (500g)	80g	363	8.3g	✓	✓	✓						♦		2	211-5152
Glutafin Gluten Free Pasta Lasagne (250g)	100g	372	6.0g	✓	✓	✓				✓		♦		1	215-5091
Glutafin Gluten Free Pasta Tagliatelle (250g)	100g	372	6.0g	✓	✓	✓				✓		♦		1	215-5109
Glutafin Gluten Free Pasta Shells (500g)	80g	363	8.3g	✓	✓	✓						♦		2	250-0676
Glutafin Gluten Free Pasta Spaghetti (500g)	100g	363	8.3g	✓	✓	✓						♦		2	211-5160
Glutafin Gluten Free Pasta Fibre Spaghetti (500g)	80g	349	8.5g	✓	✓	✓			✓			♦		2	386-2653
Glutafin Gluten Free 2 Pizza Bases (300g)	150g (1 base)	294	2.3g	✓	✓	✓						♦		1	334-1112
Sweet Biscuits															
Glutafin Gluten Free Shortbread Biscuits (100g)	12g (1 biscuit)	517	6.2g	✓	✓					✓		✓	♦	½	316-7848
Glutafin Gluten Free Biscuits (200g)	7g (1 biscuit)	473	1.8g	✓	✓					✓	✓	♦	♦	1	022-8387
Glutafin Gluten Free Sweet Biscuits (150g)	10g (1 biscuit)	498	8.4g	✓	✓	✓						✓	♦	1	024-2966
Glutafin Gluten Free Digestive Biscuits (150g)	10g (1 biscuit)	479	6.2g	✓	✓	✓			✓			✓	♦	1	017-0225
Glutafin Gluten Free Tea Biscuits (150g)	10g (1 biscuit)	514	6.9g	✓	✓	✓						✓	♦	1	018-5868
Crackers															
Glutafin Gluten Free Crackers (200g)	35g	437	4.5g	✓	✓	✓					✓			1	009-3302
Glutafin Gluten Free High Fibre Crackers (200g)	6g (1 cracker)	413	6.0g	✓	✓	✓			✓			✓		1	018-7641
Glutafin Gluten Free Crispbreads (150g)	7g (1 crispbread)	380	6.0g	✓	✓	✓						♦		1	338-4443
Glutafin Gluten Free Mini Crackers (175g)	4g (1 cracker)	461	3.7g	✓	✓	✓						✓	♦	1	353-5515
Glutafin Gluten Free Savoury Shorts (130g)	8g (1 cracker)	467	4.6g	✓	✓					✓		✓	♦	1	359-6996
Cereal															
Glutafin Gluten Free Cornflakes (375g)	30g	371	8.0g	✓	✓	✓		✓						1½	381-3748

* The gluten free wheat starch used in these products complies with the internationally agreed criteria for gluten free foods (Codex Alimentarius). At this level people with coeliac disease can eat this food.

♦ Please note: These products do not contain milk, egg, lupin or soya as ingredients. However, we are not able to guarantee that they are milk, egg, lupin or soya free.