



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.

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GLUTAFIN GLUTEN FREE MULTIPURPOSE WHITE MIX



Ingredients

Rice flour, potato starch, whole milk powder, sugar, thickeners: (hydroxypropyl methyl cellulose); locust bean gum, 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
Fibre	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)



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
Fibre	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)

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GLUTAFIN GLUTEN FREE BREAD MIX



Ingredients

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

For allergens see ingredients in bold.

May also contain Soya. Free from: gluten\

Suitable for coeliacs

Pack contains a sachet (10g) of dried yeast. This product complies with the CODEX ALIMENTARIUS standard for gluten-free foods.

PIP CODE : 298-8418

	Per 100g dry mix	Large Oven Loaf per 100g
Energy	1495kJ/ 353kcal	1077kJ/ 255kcal
Fat	2.3g	3.4g
of which saturates	1.4g	1.2g
Carbohydrate	78g	52g
of which sugars	6.5g	2.0g
Fibre	0.9g	1.4g
Protein	4.2g	3.2g
Salt	0.05g	0.78g
Calcium	175mg (22%NRV*)	132mg (17%NRV*)

*Nutrient Reference Values



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
Fibre	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)