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F01146  
12 December 2006  
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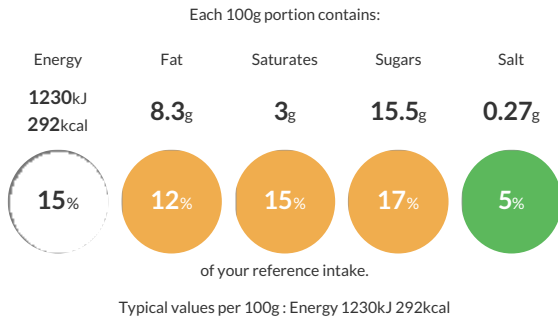
## Kara Sugar Jam Doughnuts x 60

Short Product Name:

A rich sweet yeasted dough that has been deep fried in vegetable oil, dusted with a sugar coating and injected with an apple and raspberry jam filling.

Traded Unit GTIN: **05010066111461** Internal GTIN: Supplier: **Kara Foodservice (Fletchers)** Suppliers Product Code: **F01146**

### Reference Intake



### Nutritional Information

Typical Values	Per 100g
Energy	1230kJ 292kCal
Carbohydrates	47.3g
of which sugars	15.5g
Fat	8.3g
of which saturates	3g
Fibre	1.9g
Protein	6.2g
Salt	0.27g

### Allergy Information

Key: **Contains** **May Contain**



#### Allergen Statement

For allergens, including cereals containing gluten, see ingredients in **CAPITALS**. Also, may contain egg, milk, soya and sesame.

### Ingredients

Wheat Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Apple & Raspberry Jam (20%) (Glucose-Fructose Syrup, Apple Purée, Sugar, Raspberry Purée, Acidity Regulators (E330, E331iii), Colour (E163), Gelling Agent (E440a), Flavouring), Palm Oil, Sweet Dust (Dextrose, Cornflour, Palm Oil), Rapeseed Oil, Dextrose, Sugar, Raising Agents (E501, E450, E341), **WHEAT** Gluten, Yeast, Emulsifiers (E481, E471), Potassium Chloride, Salt, Stabiliser (E466), Flour Treatment Agent (E300).

### Dietary Information

Key: **Suitable for**

