

Supplier's Product Code :  
Product Added :  
Last Updated by Supplier :  
erudus id :

F01688  
19 February 2024  
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## F000288 - Genius Seeded Roll 1 x 25

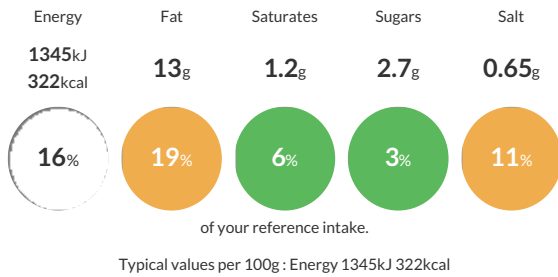
Short Product Name:  
Seeded Roll

Gluten free rolls made from tapioca starch, rice flour and potato starch

Traded Unit GTIN: 05060195902256 Internal GTIN: Supplier: Kara Foodservice (Fletchers) Suppliers Product Code: F01688

### Reference Intake

Each 100g portion contains:



### Nutritional Information

Typical Values	Per 100g
Energy	1345kJ 322kCal
Carbohydrates	38.1g
of which sugars	2.7g
Fat	13g
of which saturates	1.2g
Fibre	7.1g
Protein	5.6g
Salt	0.65g

### Allergy Information

Key: Contains May Contain



#### Gluten Claim

Gluten content is less than 20ppm.

### Ingredients

Water, Starches (Tapioca, Potato, Maize), Mixed Seeds (18%) (Sunflower, Linseed, Flaxseed, Millet, Poppy), Rice Flour, Rapeseed Oil, Humectant (Vegetable Glycerol), Brown Flaxseed, Yeast, Black Treacle, Psyllium Husk, Iodised Salt (Salt, Potassium Iodate), Stabiliser (Hydroxypropyl Methyl Cellulose, Xanthan Gum), Vegetable Fibres (Flaxseed, Potato, Psyllium, Bamboo), Apple Extract, Fermented Maize Starch, Dried <b>Egg</b> White.

Vitamins & Minerals: Calcium Carbonate, Niacin, Iron, Riboflavin, Thiamin, Folic Acid.

### Dietary Information

Key: Suitable for

