



The Bread Factory  
 Unit 12, Garrick Road Industrial Estate, Irving Way, London NW9 6AQ  
 020 8457 2080

<b>Product Name</b>	SOURDOUGH Gails 650g (48h)		
<b>Product Code</b>	F SRD09897 BF		
<b>Product Description</b>	NPD06641 F		
<b>Allergens</b>		<b>Contains</b>	<b>Trace</b>
	<b>(Tree) Nuts</b>	no	no
	<b>Celery</b>	no	no
	<b>Crustaceans</b>	no	no
	<b>Eggs</b>	no	no
	<b>Fish</b>	no	no
	<b>Gluten</b>	yes	yes
	<b>Lupin</b>	no	no
	<b>Milk</b>	no	no
	<b>Molluscs</b>	no	no
	<b>Mustard</b>	no	no
	<b>Peanut</b>	no	no
	<b>Sesame</b>	no	no
	<b>Soya</b>	no	no
	<b>Sulphites</b>	no	no
<b>Ingredients</b>	Water, Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Flour (15%) ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Flour (8%) ( <b>Wheat</b> Flour, Calcium, Iron, Niacin, Thiamine), Fortified <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Wholemeal Flour ( <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamine (B1)), Wholemeal <b>Rye</b> Flour, Water (3%), Wholemeal Emmer <b>Wheat</b> Flour (3%), <b>Barley</b> Flour, Sea Salt, Wholemeal <b>Spelt</b> Flour (1%) ( <b>Wheat</b> ), Wholemeal <b>Spelt</b> Flour ( <b>Wheat</b> ), Wholemeal Emmer <b>Wheat</b> Flour		
<b>Claims</b>			
<b>Serving Size</b>	g		
<b>Shelf Life</b>			
<b>Nutrition</b>		<b>Per 100g</b>	<b>Per Serving</b>
	<b>Energy (kj)</b>	945.69	945.69
	<b>Energy (kcal)</b>	224.407	224.407
	<b>Fat (g)</b>	0.92562	0.92562
	<b>Saturates (g)</b>	0.1729	0.1729
	<b>Carbohydrates(g)</b>	48.633	48.633
	<b>Total Sugars (g)</b>	0.67689	0.67689
	<b>Protein (g)</b>	7.42577	7.42577
	<b>Salt (g)</b>	1.22238	1.22238
	<b>Fibre (g)</b>	3.55315	3.55315
<b>Storage Conditions</b>			
<b>Additional Information</b>			