



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

Product Name	Seeds, Brown Lin, Sunflower, Pumpkin, GF		
Product Code	MI00576		
Product Description	Seeds, Brown Lin, Sunflower, Pumpkin, GF		
Allergens		Contains	Trace
	(Tree) Nuts	no	no
	Celery	no	no
	Crustaceans	no	no
	Eggs	no	no
	Fish	no	no
	Gluten	no	no
	Lupin	no	no
	Milk	no	no
	Molluscs	no	no
	Mustard	no	no
	Peanut	no	no
	Sesame	no	no
	Soya	no	no
	Sulphites	no	no
Ingredients	Brown Linseeds (33%), Pumpkin Seeds (33%), Sunflower Seeds (33%)		
Claims	Suitable for Vegetarian		
Serving Size	g		
Shelf Life			
Nutrition		Per 100g	Per Serving
	Energy (kj)	2168.71	2168.71
	Energy (kcal)	518.333	518.333
	Fat (g)	43.41	43.41
	Saturates (g)	6.57	6.57
	Carbohydrates(g)	14.62	14.62
	Total Sugars (g)	1.26667	1.26667
	Protein (g)	22.2667	22.2667
	Salt (g)	0.03567	0.03567
	Fibre (g)	11.3333	11.3333
Storage Conditions			
Additional Information			