



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

Product Name	SOURDOUGH Seeded 650g (48h) OC BAG		
Product Code	F SRD09147 BF		
Product Description	SOURDOUGH Seeded 650g (48h) AM		
Allergens		Contains	Trace
	(Tree) Nuts	no	no
	Celery	no	no
	Crustaceans	no	no
	Eggs	no	no
	Fish	no	no
	Gluten	yes	yes
	Lupin	no	no
	Milk	no	no
	Molluscs	no	no
	Mustard	no	no
	Peanut	no	no
	Sesame	yes	yes
	Soya	no	no
	Sulphites	no	no
Ingredients	Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, Flour (10%) (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water (10%), Sunflower Seeds (3%), Brown Linseeds (3%), Pumpkin Seeds (3%), White Sesame Seeds (3%), Black Sesame Seeds (3%), Wholemeal Rye Flour (3%), Malted Wheat Flour, Salt, Wheat Gluten , Wholemeal Spelt Flour (0%) (Wheat)		
Claims			
Serving Size	g		
Shelf Life			
Nutrition		Per 100g	Per Serving
	Energy (kj)	1270.12	1270.12
	Energy (kcal)	301.211	301.211
	Fat (g)	8.66485	8.66485
	Saturates (g)	1.39039	1.39039
	Carbohydrates(g)	47.8893	47.8893
	Total Sugars (g)	0.69288	0.69288
	Protein (g)	11.1186	11.1186
	Salt (g)	1.17874	1.17874
	Fibre (g)	4.0452	4.0452
Storage Conditions	Ambient Ideally, store in your GAIL's paper bag. You can freeze the bread for 1 month, but never refrigerate.		
Additional Information	Dimension LxWxH (mm): 210x145x70 Dimension tolerance: +/- 10% Nominal (minimum) weight (g): 650 Target (+10%): 715 Number of slices or portions: n/a		