



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

Product Name	TIN Open SRD Seeded 550g SI Medx (48h) NPD03274		
Product Code	F TIN07744 OOL BB		
Product Description			
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	no	no
	Soya	no	no
	Sulphites	no	no
Ingredients	Water, Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Brown Linseeds (7%), Flour (4%) (Wheat Flour, Calcium, Iron, Niacin, Thiamine), Wholemeal Wheat Flour, Millet Seeds (2%), Sunflower Seeds (2%), Millet Seed (2%), Chia Seeds (2%), Organic Wholemeal Emmer Wheat Flour, Barley Flour, Flour (Wheat Flour, Calcium, Iron, Niacin, Thiamine), Sea Salt, Wholemeal Spelt Flour (1%) (Wheat), Organic Wholemeal Emmer Wheat Flour (1%), Wholemeal Spelt Flour (Wheat)		
Claims			
Serving Size	g		
Shelf Life			
Nutrition		Per 100g	Per Serving
	Energy (kj)	1036.84	1036.84
	Energy (kcal)	245.956	245.956
	Fat (g)	5.10323	5.10323
	Saturates (g)	0.6798	0.6798
	Carbohydrates(g)	43.7077	43.7077
	Total Sugars (g)	0.63354	0.63354
	Protein (g)	8.64808	8.64808
	Salt (g)	1.09893	1.09893
	Fibre (g)	5.29414	5.29414
Storage Conditions			
Additional Information			