



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

Product Name	INGREDIENT Nigella Seeds 500g (48hr)		
Product Code	F RPK09649 BF		
Product Description			
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	Black Onion Seeds		
Claims	Suitable for Vegetarian		
Serving Size	g		
Shelf Life			
Nutrition		Per 100g	Per Serving
	Energy (kj)	1698.7	1698.7
	Energy (kcal)	406	406
	Fat (g)	21.11	21.11
	Saturates (g)	3.8	3.8
	Carbohydrates(g)	23.53	23.53
	Total Sugars (g)	1.2	1.2
	Protein (g)	15.34	15.34
	Salt (g)	0.1784	0.1784
	Fibre (g)	15.25	15.25
Storage Conditions			
Additional Information			