



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

Product Name	SOURDOUGH Seeded Whole 500g (48hr) x2		
Product Code	F SRD09733 BF		
Product Description	SOURDOUGH Seeded Whole 500g (48hr) x2		
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 (32%) (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water (15%), Flour (Wheat Flour, Calcium, Iron, Niacin, Thiamine), Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Yellow Linseeds (8%), Sunflower Seeds (6%), Wholemeal Wheat Flour, Poppy Seeds (2%), Sea Salt, Malted Barley Flour, Wholemeal Spelt Flour (Wheat), Wholemeal Spelt Flour (0%) (Wheat)		
Claims			
Serving Size	g		
Shelf Life			
Nutrition		Per 100g	Per Serving
	Energy (kj)	1279.11	1279.11
	Energy (kcal)	302.783	302.783
	Fat (g)	7.8136	7.8136
	Saturates (g)	0.94822	0.94822
	Carbohydrates(g)	49.9529	49.9529
	Total Sugars (g)	0.71469	0.71469
	Protein (g)	9.67533	9.67533
	Salt (g)	1.27454	1.27454
	Fibre (g)	5.75727	5.75727
Storage Conditions			
Additional Information			