



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

Product Name	INGREDIENT Mixed Seeds 200g (48hr)		
Product Code	F ING09821 CK		
Product Description	NPD06443		
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	yes	yes
	Soya	no	no
	Sulphites	no	no
Ingredients	Pumpkin Seeds (51%), Yellow Linseeds (11%), White Sesame Seeds (8%), Black Onion Seeds (8%), Maple Syrup, Vegetable Oil (Rapeseed Oil, Anti-foaming Agent (Dimethylpolysiloxane)), Sunflower Seeds (6%), Fennel Seeds (6%), Red Chilli, Rosemary (2%), Salt, Black Pepper, Cayenne Pepper (Chilli Powder, Paprika)		
Claims			
Serving Size	g		
Shelf Life			
Nutrition		Per 100g	Per Serving
	Energy (kj)	2368.3	2368.3
	Energy (kcal)	566.814	566.814
	Fat (g)	44.773	44.773
	Saturates (g)	6.81837	6.81837
	Carbohydrates(g)	25.4353	25.4353
	Total Sugars (g)	4.48279	4.48279
	Protein (g)	19.6753	19.6753
	Salt (g)	1.43001	1.43001
	Fibre (g)	10.1185	10.1185
Storage Conditions			
Additional Information			