



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

Product Name	SOURDOUGH Seven Seeds and Grains Half Bloomer 500g (48h)		
Product Code	F SRD09725 BF		
Product Description	NPD05392		
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	Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, Water (22%), Flour (Wheat Flour, Calcium, Iron, Niacin, Thiamine), Flour (5%) (Wheat Flour, Calcium, Iron, Niacin, Thiamine), Millet Seed (5%), Wholemeal Flour (Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamine (B1)), Wholemeal Rye Flour, Flaxseed (2%), Organic Wholemeal Emmer Wheat Flour (2%), Chia Seeds (2%), Sunflower Seeds (1%), Rolled Oats , Sea Salt, Pearl Barley , Pumpkin Seeds (1%), Barley Flour, Wholemeal Spelt Flour (1%) (Wheat), Organic Wholemeal Emmer Wheat Flour, Wholemeal Spelt Flour (Wheat)		
Claims			
Serving Size	g		
Shelf Life			
Nutrition		Per 100g	Per Serving
	Energy (kj)	979.281	979.281
	Energy (kcal)	233.031	233.031
	Fat (g)	3.6693	3.6693
	Saturates (g)	0.53444	0.53444
	Carbohydrates(g)	43.7474	43.7474
	Total Sugars (g)	0.60221	0.60221
	Protein (g)	7.85618	7.85618
	Salt (g)	1.12385	1.12385
	Fibre (g)	4.87089	4.87089
Storage Conditions			

Additional Information	
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