



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

Product Name	SOURDOUGH Wildfarmed Seeded 800g x8 FROZEN		
Product Code	F SRD09947 BF		
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, Wheat Flour Wheat Flour, Iron, Niacin, Thiamine, Calcium Carbonate, Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water (7%), Flour (4%) (Wheat Flour, Calcium, Iron, Niacin, Thiamine), Yellow Linseeds, Wholemeal Rye Flour, Brown Linseeds, Pearl Barley , Rolled Oats , Flour (2%) (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Chia Seeds, Poppy Seeds, Flour (Wheat Flour, Calcium, Iron, Niacin, Thiamine), Salt, Wholemeal Spelt Flour (Wheat), Wholemeal Spelt Flour (1%) (Wheat), Organic Wholemeal Emmer Wheat Flour (1%), Organic Wholemeal Emmer Wheat Flour		
Claims			
Serving Size	g		
Shelf Life			
Nutrition		Per 100g	Per Serving
	Energy (kj)	1092.12	1092.12
	Energy (kcal)	260.807	260.807
	Fat (g)	4.41113	4.41113
	Saturates (g)	0.48586	0.48586
	Carbohydrates(g)	46.9647	46.9647
	Total Sugars (g)	0.93692	0.93692
	Protein (g)	8.67908	8.67908
	Salt (g)	1.09525	1.09525
	Fibre (g)	5.35225	5.35225
Storage Conditions			

Additional Information	
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