



Product Description

A white English Muffin, coated in semolina. Serve toasted and top with avocado, eggs and salmon for a traditional English breakfast offering.

Storage/Handling/Baking Instructions

Store Frozen at -18°C or below.

To defrost: remove from case and leave in pack at room temperature for approximately 2 hours, or until fully defrosted. Once defrosted. Store in a sealed pack in a cool, dry place away from direct sunlight. Once defrosted use within 2 days. **Once defrosted do not refreeze.**

For best results slice and place in a toaster or grill until golden brown.

Ingredient Declaration

Wheat Flour (**Wheat** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Semolina (**Wheat**), Salt, Yeast, **Soya** Flour, Sugar, Palm Oil, Spirit Vinegar, Emulsifier: E472(e); Preservative: E282; Flour Treatment Agent: E300.

Nutritional Information

		Per 100g	Per serving
Energy	kJoules	930	670
	kcal	220	160
Total Fat (g)		1.5	1.1
of which saturates (g)		0.5	0.4
of which mono-unsaturates (g)		0.4	0.3
of which polyunsaturates (g)		0.5	0.4
Available Carbohydrate (g)		41.7	30.0
of which sugars (g)		4.4	3.2
Dietary Fibre (g)		2.7	1.9
Protein (g)		8.4	6.0
Salt (g)		1.0	0.8
of which sodium (mg)		416	300

Allergens

For allergens (including cereals containing gluten), see ingredients in **bold**. Also, may contain: **Sesame**

Suitable For

Vegetarians	✓	Halal	✗
Vegans	✓	Kosher	✗

Product is free from:

GM ingredients, Hydrogenated Fats

Shelf Life

Frozen Life of Product	12 Months
Wrapped life once defrosted	3 days

Product Data

Product Weight:	72g +/- 5g	Case Net Weight:	3.46Kg	Case Dimensions
Product Dimensions:	Diameter 87mm+/- 7mm	Case Gross Weight:	3.74Kg	Length: 304mm
	Height 31mm-5mm	Declared Weight:	3.22kg	Depth: 216mm
		Cases per Layer:	16	Height: 264mm
No. in a Pack:	6 units per pack	Cases per Pallet:	112	Pallet 2.01m
Packs in a Case:	8 packs per box	Barcode / EAN:	05010066109765	

Traceability Code: Best Before End DDDMMYYYY Julien date code, FF (frozen), Time eg BBE 13JUN2020 L9164FF07:09

Information Issued By

Name:	Kelda Wall	Position:	Specifications & Packaging Technologist
Date Issued:	12/01/24	Issue No:	8

Kara Customer Care

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