



## 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 3 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, **Wheat** Semolina, Salt, Yeast, **Soya** Flour, Sugar, Palm Oil, Spirit Vinegar, Emulsifier: E472e, Preservative: E282, Flour Treatment Agent: E300.

## Nutritional Information

	Per 100g	Per portion (72g)
<b>Energy</b>		
	kJoules 930	670
	kcal 220	160
<b>Total Fat (g)</b>	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
<b>Available Carbohydrate (g)</b>	41.7	30.0
of which sugars (g)	4.4	3.2
<b>Dietary Fibre (g)</b>	2.7	1.9
<b>Protein (g)</b>	8.4	6.0
<b>Salt (g)</b>	1.00	0.80
of which sodium (mg)	416	300

## Allergens

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

## Suitable For

<b>Vegetarians</b>	✓	<b>Halal</b>	✗
<b>Vegans</b>	✓	<b>Kosher</b>	✗

Product is free from:

## Shelf Life

<b>Frozen Life of Product</b>	365 Days
<b>Wrapped life once defrosted</b>	3 Days

## Additional Information

<b>HFSS Score:</b>	-1	<b>Commodity Code:</b>	1905908000
		<b>Meursing Code:</b>	7010

## Product Data

<b>Product Weight:</b>	72g +/-5g	<b>Case Net Weight:</b>	3.456kg	<b>Case Dimensions</b>	
<b>Product Dimensions:</b>	Height: 31mm+/-5mm Diameter: 87mm +/- 7mm	<b>Case Gross Weight:</b>	3.74kg	<b>Length:</b>	304mm
<b>Units per Pack:</b>	6 units per pack	<b>Declared Weight:</b>	3.22kg	<b>Depth:</b>	216mm
<b>Packs per Case:</b>	8 packs per box	<b>Cases per Layer:</b>	16	<b>Height:</b>	264mm
		<b>Cases per Pallet:</b>	112	<b>Pallet Height:</b>	2.01mm
		<b>Barcode / EAN:</b>	5010066109765		

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

## Information Issued By

<b>Name:</b>	Katharine Gratton	<b>Position:</b>	Specification Technologist
<b>Date Issued:</b>	11/06/2024	<b>Issue No:</b>	9

## Kara Customer Care

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