

Kara Sourdough Doughballs 200g

F01883



Product Description

White/creamy round frozen sour dough balls which can be defrosted and rolled out to make pizza's, garlic bread, cinnamon twist, calzones etc.

Storage/Handling/Baking Instructions

Keep frozen. Store at **-18°C or below.**

To defrost take the required amount of doughballs from the freezer and place 2" apart on a tray. To avoid skinning cover with lightly greased film and put in refrigerator overnight. Maximum storage time in refrigerator (5°C) is 2 days after defrost. Best used within 24 hours. **Once defrosted do not refreeze.**

Cooking instructions: This product is raw dough and must be cooked thoroughly

Ingredient Declaration

Wheat Flour (**Wheat** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Sourdough (Water, **Wheat** Flour, **Rye** Flour, **Wheatgerm** Flour, Dextrose), Salt, Rapeseed Oil, Yeast, Brandy Vinegar, **Wheat** Starch.

Nutritional Information

		Per 100g uncooked
Energy	kJoules	884
	kcal	209
Total Fat (g)		1.6
	of which saturates (g)	0.2
	of which mono-unsaturates (g)	0.7
	of which polyunsaturates (g)	0.7
Available Carbohydrate (g)		39.6
	of which sugars (g)	1.6
Dietary Fibre (g)		2.6
Protein (g)		7.7
Salt (g)		1.3
	of which sodium (mg)	528

Allergens

For allergens, including cereals containing Gluten, see ingredients in **bold.**

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	2 days

Product Data

Product Weight:	200g +/- 3g	Case Net Weight:	12kg	Case Dimensions
Other product info	Suitable for thin crust pizzas	Case Gross Weight:	12.40kg	Length: 330mm
No. in a Pack:	60 units per pack	Declared Weight:	11.82kg	Depth: 298mm
Packs in a Case:	N/A	Cases per Layer:	12	Height: 240mm
		Cases per Pallet:	84	Pallet Height: 1.84m
		Barcode / EAN:	05010066119061	

Traceability Code: Best Before DD, MMM,YY, Day of Year, Time (24hr) eg 03 MAR 09 L8086 FN 19:28

Information Issued By

Name:	Cynthia Ntumba	Position:	Specification Technologist
Date Issued:	13/01/2023	Issue No:	006

Kara
FOODSERVICE BAKERS

Kara Customer Care

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