

Kara Blueberry Tulip Muffins

F02163



Product Description

Blueberry flavoured muffin with blueberries.

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 unwrapped use within 2 days and keep covered over night. If product is kept wrapped, use within 5 days. **Once defrosted do not refreeze.**

Ingredient Declaration

Wheat Flour (**Wheat** Flour, Calcium Carbonate, Folic Acid, Iron, Niacin, Thiamin), Rapeseed Oil, Sugar, **Egg**, Blueberries (13%), Humectant: E422; Cornflour, Water, **Egg** White, Raising Agents: E450, E501; Maltodextrin, Dried Whey Powder (**Milk**), Flavouring, Emulsifier: E471; Salt.

Nutritional Information

	Per 100g	Per portion (100g)
Energy	kJoules 1532	1532
	kcal 366	366
Total Fat (g)	18.6	18.6
of which saturates (g)	1.8	1.8
of which mono-unsaturates (g)	11.1	11.1
of which polyunsaturates (g)	4.9	4.9
Available Carbohydrate (g)	44.7	44.7
of which sugars (g)	17.4	17.4
Dietary Fibre (g)	0.7	0.7
Protein (g)	4.6	4.6
Salt (g)	0.45	0.45
of which sodium (mg)	181	181

Allergens

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

Suitable For

Vegetarians	✓	Halal	✗
Vegans	✗	Kosher	✗

Product is free from:

Shelf Life

Frozen Life of Product	365 Days
Shelf life once defrosted– Wrapped	5 Days
Shelf life once defrosted– Unwrapped	2 Days

Additional Information

HFSS Score:	8	Commodity Code:	1905907000
		Meursing Code:	7011

Product Data

Product Weight:	100g +/- 5g	Case Net Weight:	2.4kg	Case Dimensions	
Product		Case Gross Weight:	2.79kg	Length:	491mm
Dimensions:	Height 65mm +/- 5mm	Declared Weight:	2.28kg	Depth:	331mm
	Diameter 75+/- 5mm	Cases per Layer:	7	Height:	105mm
Units per Pack:	6 units per pack	Cases per Pallet:	112	Pallet Height:	1.84m
Packs per Case:	4 packs per case	Barcode / EAN:	05010066121637		

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

Information Issued By

Name:	Katharine Gratton	Position:	Specification Technologist
Date Issued:	24/08/2026	Issue No:	5

Kara Customer Care

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