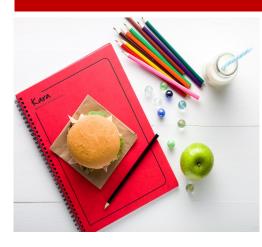
Kara MK4 High Fibre Bun





Product Description

A soft white bread bun with added wheat fibre. Contains the same fibre as a brown bun. Ideal for the education sector.

Storage/Handling/Baking Instructions

Keep frozen. Store at -18°C or below.

Once defrosted do not refreeze. To defrost, remove from case and leave in bag at room temperature for 2 hours, or until fully defrosted. Once defrosted, store in a sealed bag in a cool, dry place away from direct sunlight. **Once defrosted use within 4 days.**

Can be served toasted: Open and place in a grill for 1-2 minutes until crumb is golden brown.

Ingredient Declaration

Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Wheat Fibre, Sugar, Salt, Yeast, Rapeseed Oil, Emulsifiers: E472e, E471; Wheat Gluten, Flour Treatment Agents: E300, E920.

Nutritional Information

Per

100g

Per bun (50g)

Allergens

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

Energy kJoules	1020	510	chts in bold. Also, may contain sesance.			
kcal	241	120				
Total Fat (g)	1.5	0.8				
of which saturates (g)	0.3	0.1	Suitable For			
of which mono-unsaturates (g)	0.6	0.3	Vegetarians ✓ Halal × Vegans ✓ Kosher ×	Recommended Fibre intake		
of which polyunsaturates (g)	0.5	0.3	Product is free from:	per school meal	Kara High Fibre bun	
Available Carbohydrate (g)	45.9	23.0	GM ingredients Hydrogenated Eats	Primary 4.2g Secondary 5.2g	71% 57%	
of which sugars (g)	3.2	1.6	Shelf Life			
Dietary Fibre (g)	6.0	3.0				
Protein (g)	8.0	4.0	Frozen Life of Product	12 months		
Salt (g)	0.99	0.50	Wrapped life once defrosted	4 days	4 days	
of which sodium (mg)	396	198				

Product Data

Product Weight:	50g +/-5g	Case Net Weight:	2.40kg	Case Dime	nsions
		Case Gross Weight:	2.73kg	Length:	400mm
Product Dimensions:	Diameter 101 +/- 3mm, Height 42 +/- 3mm	Declared Weight:	2.16kg	Depth:	300mm
		Cases per Layer:	10	Height:	180mm
No. in a Pack:	12 units per pack	Cases per Pallet:	80	Pallet Height:	1.602m
Packs in a Case:	4 packs per box	Barcode / EAN:	05051788123172		

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:	12/01/2022	Issue No:	007



Kara Customer Care

Park Seventeen, Moss Lane, Whitefield, Manchester, M45 8FJ, UK 14 Allée Coysevox, CS 56939, 35069 Rennes Cedex, France Tel: +44 (0)161 3512399 / E-mail: customercaregroup@karafs.co.uk