



### 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)
Energy	kJoules	1020	510
	kcal	241	120
Total Fat (g)		1.5	0.8
	of which saturates (g)	0.3	0.1
of which mono-unsaturates (g)		0.6	0.3
	of which polyunsaturates (g)	0.5	0.3
Available Carbohydrate (g)		45.9	23.0
	of which sugars (g)	3.2	1.6
Dietary Fibre (g)		6.0	3.0
Protein (g)		8.0	4.0
	Salt (g)	0.99	0.50
	of which sodium (mg)	396	198

### 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

	Recommended Fibre intake per school meal	% provided by one Kara High Fibre bun
Primary	4.2g	71%
Secondary	5.2g	57%

### Shelf Life

Frozen Life of Product	12 months
Wrapped life once defrosted	4 days

### Product Data

Product Weight:	50g +/-5g	Case Net Weight:	2.40kg	Case Dimensions	
Product Dimensions:	Diameter 101 +/- 3mm, Height 42 +/- 3mm	Case Gross Weight:	2.73kg	Length:	400mm
		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