



Kara Mk4 High Fibre Bun 50g (48 Pack)

Product Images



Additional Information

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| Brand | Kara |
| Suitable For | Vegetarian, Vegan, Lactose Free |
| Does Not Contain | Celery, Crustacea, Eggs, Fish, Milk, Molluscs, Mustard, Nuts, Peanuts, Soybeans, Sulphites, Lupin |

Storage

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| Temperature | Frozen |
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Ingredients

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| Ingredients | 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). |
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Allergens

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|-----------|-------------|
| Celery | No |
| Gluten | Yes |
| Crustacea | No |
| Eggs | No |
| Fish | No |
| Lupin | No |
| Milk | No |
| Molluscs | No |
| Mustard | No |
| Nuts | No |
| Peanuts | No |
| Sesame | May Contain |
| Soya | No |
| Sulphites | No |

Dietary Information

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| Approved for a Halal | No |
| Approved for a Kosher Diet | No |
| Suitable for Coeliacs | No |
| Suitable for Lactose-Free Diet | Yes |
| Suitable for a Vegan | Yes |
| Suitable for a Vegetarian | Yes |

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|-------------------------------------|----------|
| Carbs per 100g (g) | 45.9 g |
| Carbs of which Sugars per 100g (g) | 3.2 g |
| Fat per 100g (g) | 1.5 g |
| Fat of which Saturates per 100g (g) | 0.3 g |
| Fibre per 100g | 6 g |
| Energy per 100g (kcal) | 241 kcal |
| Energy per 100g (kj) | 1020 kj |
| Protein per 100g (g) | 8 g |
| Salt per 100g (g) | 0.99 g |

While every care has been taken to ensure this information is correct, food products are constantly being reformulated and nutrition content may change. We would therefore recommend that you do not rely solely on this information and always check product labels. This does not affect your statutory rights. We do not accept liability for any inaccuracies or incorrect information contained on this site.

Nutritional Information