

# GLUTEN FREE PLAIN FLOUR

## Product Information

### Description

A light, versatile Gluten Free white flour blend to use as you would any plain flour in your favourite recipes.

Certified by Coeliac UK product GB-163-016

Brand: Middletons

Description: Gluten Free Plain Flour

Pack Size: 3kg

Storage: Store in a cool dry place away from strong odours and direct sunlight

Order Code: **U019A**

(Internal Code: Y101 tub)



### Shelf Life

Unopened - 24 months

### Portion Yields

Use as required.

### Features and Benefits

- ✓ Suitable for Vegetarians
- ✓ Suitable for Vegans

### Nutritional Information

Nutritional Information	100g as sold
Energy (kJ)	1490
Energy (kcal)	351
Fat (g)	0.7
of which Saturates (g)	0.2
Carbohydrate (g)	81
of which Sugars (g)	0.1
Protein (g)	5.3
Salt (g)	0.0

Approx 30 x100g as sold portions per 3kg tub.

### Ingredients

Rice Flour, Tapioca Starch, Potato Starch, Maize Starch, Buckwheat Flour.

### Allergens

For allergy advice see ingredients in “**bold**” and UPPERCASE

### Cooking Instructions

Use as required.