

Heygates Granary Norfolk Crunch Flour - Information

Our Product Code: 031181
Suppliers Product Code:
Information Last Updated: 06/06/2024
Date Produced: 27/11/2025



Allergy Information

Key: **Contains** **May Contain**



Sesame



Gluten



Crustaceans



Eggs



Lupin



Nuts



Milk



Celery



Sulphur Dioxide



Soya



Cereal



Peanuts



Fish



Molluscs



Mustard

Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	353.00
Energy (kJ)	1504.00
Protein (g)	11.30
Carb (g)	79.20
Of Which Sugars (g)	0.50
Fat (g)	1.20
Of Which Saturates (g)	0.30
Fibre (g)	3.30
Salt (g)	0.01

Dietary Information

Key: **Suitable for**



Kosher



Vegetarian



Halal



Vegan

Please Note: This information has been supplied by manufacturers and other third parties to Yare Food Services. Whilst we take steps to ensure the information is correct and regularly updated, we give no warranty and no guarantee to the accuracy of this information. Product information and ingredients may change; please always read product labels carefully in addition to this document for accuracy. Please also consider changes to ingredients when products have been substituted.

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Ingredients

Wheat Flour (WHEAT flour, Calcium Carbonate (E170), Iron, Nicotinamide (Vit B3), Thiamine Hydrochloride (Vit B1))

Handling Information

Directions for Use

Flour is a raw ingredient and must be cooked or baked before being consumed.

Storage Instructions

The flour should be stored in cool dry conditions away from direct sunlight. The storage area should allow good air circulation and be free from any pest infestation.

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