

Tel: 01493 653429 E-Mail: accounts@yareshipping.co.uk Web: www.yareshipping.co.uk

#### Kara Doughnut - Jam Filled 73g - Information

A rich sweet yeasted dough that has been deep fried in vegetable oil, dusted with a sugar coating and injected with an apple and raspberry jam filling.

**Our Product Code:** 031127 **Suppliers Product Code: F01146** 

Information Last Updated: 08/02/2023 **Date Produced:** 27/11/2025



# **Allergy Information**

Key: Contains May Contain

Sesame Gluten Crustaceans











Lupin



Nuts



Milk







Soya





Cereal Peanuts



Serving Unit: 100g or 100ml

Energy (kcal) 292.00 Energy (kJ) 1230.00

Protein (g) 6.20 47.30 Carb (g)

Of Which Sugars (g) 15.50

Fat (q) 8.30

Of Which Saturates 3.00 (g)

Fibre (g) 1.90

0.27 Salt (q)









Celery Sulphur Dioxide

Fish Molluscs Mustard

# **Dietary Information**

Key: Suitable for









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, Iron, Niacin, Thiamin), Water, Apple & Raspberry Jam (20%) (Glucose-Fructose Syrup, Apple Purée, Sugar, Raspberry Purée, Acidity Regulators (E330, E331iii), Colour (E163), Gelling Agent (E440a), Flavouring), Palm Oil, Sweet Dust (Dextrose, Cornflour, Palm Oil), Rapeseed Oil, Dextrose, Sugar, Raising Agents (E501, E450, E341), WHEAT Gluten, Yeast, Emulsifiers (E481, E471), Potassium Chloride, Salt, Stabiliser (E466), Flour Treatment Agent (E300).

#### **Handling Information**

#### **Directions for Use**

To defrost: Keep frozen until use. To defrost: remove from case and leave in pack at room temperature for approximately 3 hours, or until fully defrosted. Once defrosted, store in a sealed pack in a cool, dry place away from direct sunlight. Once defrosted use within 1 day.

#### **Storage Instructions**

Keep frozen, store frozen at -18°C or below. Once defrosted do not re-freeze.

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