Yare Food Services Nelsons Yard South Denes Road Great Yarmouth Norfolk, NR30 3PR

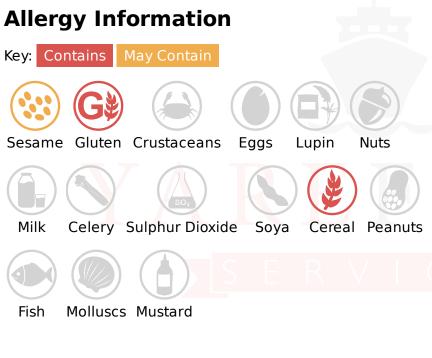


Kara Fully Baked Malted Wheat Baguettes 130g - Information

A fully baked French style malted wheat half baguette with 3 diagonal surface burst cuts on top

Our Product Code:012698Suppliers Product Code:F00441Information Last Updated:08/02/2023Date Produced:16/08/2025





Serving Unit: 100g or 100ml

Serving Unit:	100g or 100m
Energy (kcal)	249.00
Energy (kJ)	1085.00
Protein (g)	8.30
Carb (g)	50.60
Of Which Sugars (g)	1.00
Fat (g)	1.50
Of Which Saturates	
(g)	0.20
Fibre (g)	3.10
Salt (g)	0.90

Dietary Information



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. Yare Food Services Nelsons Yard South Denes Road Great Yarmouth Norfolk, NR30 3PR



Kara Fully Baked Malted Wheat Baguettes 130g - Information

Our Product Code:012698Suppliers Product Code:F00441Information Last Updated:08/02/2023Date Produced:16/08/2025



Ingredients

WHEAT Flour, (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Malted WHEAT Flakes, Malted BARLEY, Salt, WHEAT Bran, Yeast, WHEAT Gluten, BARLEY Fibre, Emulsifier (E472e), Flour Treatment Agent (E300).

Handling Information

Directions for Use

To defrost thoroughly before use. Remove from case and leave in liner at room temperature for 1-2 hours, or until fully defrosted. Once defrosted, store in a sealed pack in a cool, dry place away from direct sunlight. Once defrosted do not refreeze. Best served: This product can be eaten once defrosted. Alternatively pop in an oven at 200°C, Gas Mark 6 for a few minutes to warm through. NOTE: The polythene inner is a liner and not intended to be used as a bag.

Storage Instructions

Keep frozen at -18°C (0°F). Once defrosted do not re-freeze.

