



Bridor Spelt Cob Loaf Part Baked

Product Images



Additional Information

Brand	Bridor
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Storage

Temperature	Frozen
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Ingredients

Ingredients	WHEAT flour 36.27%, water 29.9%, sourdough 22.8% (spelt WHEAT flour 15.2%, water 7.6%), spelt WHEAT flour 9.1%, Guérande salt 1.2%, yeast 0.4%, WHEAT gluten 0.2%, malted BARLEY flour 0.1%, malted WHEAT flour 0.03%.
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Allergens

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

Dietary Information

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

Nutritional Information

Carbs per 100g (g)	49 g
Carbs of which Sugars per 100g (g)	1.05 g
Fat per 100g (g)	0.91 g
Fat of which Saturates per 100g (g)	0.17 g
Fibre per 100g	3.43 g
Energy per 100g (kcal)	245 kcal
Energy per 100g (kJ)	1036 kJ
Protein per 100g (g)	8.44 g
Salt per 100g (g)	1.22 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 or contact us to receive the latest information. This does not affect your statutory rights.