

11654 | Fletchers | 8-800g

Fletchers Medium Sliced Wholemeal Bread

A golden brown medium sliced wholemeal loaf, great for fillings such as tuna, or a cheese ploughman's.

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Description

Legal Product Name	Fletchers Medium Wholemeal Bread
Unique Marketing Statement	A golden brown medium sliced wholemeal loaf, great for fillings such as tuna, or a cheese ploughman's.
Brand Name	Fletchers
Country of Origin	United Kingdom

Ingredients

Ingredients	Wholemeal WHEAT Flour, Water, Salt, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Palm Oil, Yeast, Emulsifiers: E472e, E471; Preservative: E282; SOYA Flour, Spirit Vinegar, Flour Treatment Agent: E300
Is the product made from at least 65% British ingredients?	Yes
Contains GM Ingredients	No

Nutrition

Servings per Consumer Unit (Inner)	21
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Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	912 kJ
Energy (Kilocalories)	218 kcal
Fat, Total	1.4 g
Saturated	0.4 g
Carbohydrate	38.2 g
Sugars	2.4 g
Dietary Fibre, Total	7.1 g
Protein, Total	9.7 g
Salt	0.85 g
Sodium	338 mg

Allergens

Cereals containing Gluten (and products thereof)	Contains
Wheat	Contains
Rye	Does NOT Contain
Barley	May Contain
Oats	Does NOT Contain
Crustaceans (and products thereof)	Does NOT Contain
Egg and Egg Products	Does NOT Contain
Fish and Fish Products	Does NOT Contain
Peanut and Peanut Products	Does NOT Contain
Soybean and Soybean Products	Contains
Milk and Milk Products	Does NOT Contain
Tree Nuts (and products thereof)	Does NOT Contain
Almonds	Does NOT Contain
Hazelnuts	Does NOT Contain
Walnuts	Does NOT Contain
Cashews	Does NOT Contain
Pecan nuts	Does NOT Contain
Brazil nuts	Does NOT Contain
Pistachio nuts	Does NOT Contain
Macadamia or Queensland nuts	Does NOT Contain
Celery / Celeriac (and products thereof)	Does NOT Contain
Mustard (and products thereof)	Does NOT Contain
Sesame Seeds and Sesame Seed Products	Does NOT Contain
Sulphur Dioxide and Sulphites (>10mg/kg)	Does NOT Contain
Lupin (and products thereof)	Does NOT Contain
Molluscs (and products thereof)	Does NOT Contain

Dietary Information

Halal Certified	No
Kosher Certified	No
Suitable for Vegan	Yes
Suitable for Vegetarian	Yes

Organic Certificate	No Organic certificate
Can any Ethical or Fairly traded claims be made?	No ethical or fairtrade claim
Can any other sustainability claims be made for this product?	none
Does any other assurance scheme apply to this product?	No assurance scheme

Preparation Suggestions

Is the product ready to eat?	Store Frozen at -18°C or below. To defrost: remove from case and leave in bag 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 and use within 5 days. Once defrosted do not refreeze.
Reconstitution Instructions	Defrost before use

Packaging

Do you have any packaging environmental claims?

No environmental packaging claim