Thompsons Food Service Ltd. Nelsons Yard South Denes Road Great Yarmouth Norfolk NR30 3PR



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Laila Gram Flour - Information

Food Ingredient.

TFS Product Code: 025230 Suppliers Product Code: Information Last Updated: 27/04/2023 Date Produced: 16/09/2025



Allergy Information



Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	345.00
Energy (kJ)	1461.00
Protein (g)	23.00
Carb (g)	54.40
Of Which Sugars (g)	4.00
Fat (g)	2.40
Of Which Saturates	
(g)	0.45
Fibre (g)	7.10
Salt (g)	<0.01

Key: Suitable for Kosher Vegetarian Halal Vegan

Please Note: This information has been supplied by manufacturers and other third parties to Thompsons Food Service Ltd. 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.

> Registered Office: Nelsons Yard, South Denes Road, Great Yarmouth, NR30 3PR, England Company No: 07107278 VAT No: GB 986 0801 93 Directors: E. Thompson, R. Thompson, T. Thompson

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Ingredients

Chana Dal, Yellow Split Peas

Handling Information

Directions for Use

As per customer requirements

Storage Instructions

Cool, dry storage.

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