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Genius Gluten Free Rolls - Single Seeded - Information

Gluten free rolls made from tapioca starch, rice flour and potato starch

TFS Product Code: 030701
Suppliers Product Code:
Information Last Updated: 19/02/2024
Date Produced: 23/11/2026



Allergy Information

Key: Contains | May Contain

Contains: Sesame, Gluten, Crustaceans, Eggs, Lupin, Nuts

May Contain: Milk, Celery, Sulphur Dioxide, Soya, Cereal, Peanuts, Fish, Molluscs, Mustard

Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	322.00
Energy (kJ)	1345.00
Protein (g)	5.60
Carb (g)	38.10
Of Which Sugars (g)	2.70
Fat (g)	13.00
Of Which Saturates (g)	1.20
Fibre (g)	7.10
Salt (g)	0.65

Dietary Information

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

Water, Starches (Tapioca, Potato, Maize), Mixed Seeds (18%) (Sunflower, Linseed, Flaxseed, Millet, Poppy), Rice Flour, Rapeseed Oil, Humectant (Vegetable Glycerol), Brown Flaxseed, Yeast, Black Treacle, Psyllium Husk, Iodised Salt (Salt, Potassium Iodate), Stabiliser (Hydroxypropyl Methyl Cellulose, Xanthan Gum), Vegetable Fibres (Flaxseed, Potato, Psyllium, Bamboo), Apple Extract, Fermented Maize Starch, Dried Egg White. Vitamins & Minerals: Calcium Carbonate, Niacin, Iron, Riboflavin, Thiamin, Folic Acid.

Handling Information

Directions for Use

Defrost thoroughly in a cool dry place before use. Consume within 2 days of defrosting.

Storage Instructions

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

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