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Middletons Gluten Free Scone Mix - Information

A Gluten Free Plain Flour

TFS Product Code: 024998
Suppliers Product Code:
Information Last Updated: 14/06/2023
Date Produced: 04/11/2026



Allergy Information

Key: Contains | May Contain

Sesame | Gluten | Crustaceans | Eggs | Lupin | Nuts

Milk | Celery | Sulphur Dioxide | Soya | Cereal | Peanuts

Fish | Molluscs | Mustard

Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	341.00
Energy (kJ)	1447.00
Protein (g)	4.20
Carb (g)	80.00
Of Which Sugars (g)	13.70
Fat (g)	0.60
Of Which Saturates (g)	0.10
Fibre (g)	0.00
Salt (g)	1.60

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

Rice Flour, Sugar, Potato Starch, Tapioca Starch, Maize Starch, Raising Agents (E341(i), E500(ii)), Buckwheat Flour, Thickener (Xanthan Gum), Flavouring.

Handling Information

Directions for Use

Gluten Free Preparation Instructions: Dry Mix: 500g Butter (softened): 130g Milk: 170ml Eggs: 2 1. Add the milk to the egg and mix together in a jug. 2. Add dry scone mix to the bowl. Select beater attachment. 3. Then add the butter to the dry scone mix and mix on slow until it resembles fine breadcrumbs. 4. Add the milk and egg mixture to the bowl. 5. Mix for 1 minute on slow speed, or until a dough is formed. 6. Roll out to 3cm thickness. Cut into scones and bake at 200°C/400°F/Gas Mark 6 (Fan Oven 180°C) for approx. 12 – 15 minutes. 7. Cooking times and temperatures may vary. Gluten Free Vegan Preparation Instructions: Dry Mix: 500g Vegan Block Margarine (Diced): 130g Soya Yoghurt: 270g 1. Add dry scone mix to a mixing bowl. Select beater attachment. 2. Then add the diced margarine to the dry scone mix and mix on slow until it resembles fine breadcrumbs. 3. Add the yoghurt to the mix and blend until a dough is formed. 4. Roll out to 3cm thickness. Cut into scones and bake at 200°C/400°F/Gas Mark 6 (Fan Oven 180°C) for approx. 12 – 15 minutes. 5. Cooking times and temperatures may vary.

Storage Instructions

Store in a cool dry place away from strong odours and direct sunlight.

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