

## TFS Lebanese Flatbread 12" - Information

A traditional round shaped Lebanese flatbread (Khobez). (1 x 100)

**TFS Product Code:** 031908  
**Suppliers Product Code:** KB7512  
**Information Last Updated:** 20/10/2025  
**Date Produced:** 14/02/2026



### Allergy Information

Key: **Contains** **May Contain**



### Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	244.00
Energy (kJ)	1021.00
Protein (g)	8.60
Carb (g)	48.00
Of Which Sugars (g)	2.10
Fat (g)	0.80
Of Which Saturates (g)	0.30
Fibre (g)	2.90
Salt (g)	0.30

### Dietary Information

Key: **Suitable for**



**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.

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## Ingredients

WHEAT Flour, Water, Yeast, Sugar, Salt.

## Handling Information

### Directions for Use

From Frozen unless otherwise stated Microwave: (1900W): From defrost: Place flatbread on a microwavable plate and heat for up to 15 secs. until warm throughout. Oven: From defrost: Pre-heat oven to 220°C/ Gas mark 7 and place flatbread on a baking tray. Heat for 1-2 mins. Remove flatbread from packaging and defrost at ambient temperature. To maintain vegan integrity, please ensure all equipment used for vegan preparation/cooking/serving is clean or dedicated for vegan use only. Do NOT refreeze once defrosted. Defrosted ambient shelf-life = 3 days unopened.

### Storage Instructions

Keep Frozen. Store at -18°C or below

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