



ALLIED BAKERIES

Product Name: Crumpets
Brand: Speedibake
Serving Size: 46g
Legal Name: 6/8/12 Crumpets
Shelf Life: Day of Production + 6 Days
Day of Delivery + 4 Days Minimum

Ingredients:

Wheat Flour, Water, Dextrose, Vinegar, Raising Agents: E450, Sodium Carbonates; Salt, Yeast, Acidity Regulator: E575; Preservative: Potassium Sorbate.

Contains:

Wheat and Gluten.
May Contain Milk.

Key to additives

E202 - Potassium Sorbate
E450 - Diphosphates
E500 - Sodium Carbonates
E575 - Glucono-delta-lactone

Suitable for Kosher diets?

SKA

Suitable for vegetarians?

Suitable for vegetarians

Nutrition Information

Typical values	Per 100g	Per Crumpet	Guideline Daily Amounts (Adults)
Energy	816kJ	375kJ	-
	193kcal	89kcal	2000 Calories
Protein	5.8g	2.7g	45g
Carbohydrate	39.5g	18.2g	230g
of which sugars	3.9g	1.8g	90g
Fat	0.7g	0.3g	70g
of which: saturates	0.2g	0.1g	20g
Fibre	2.5g	1.2g	24g
Sodium	0.49g	0.23g	2.4g
Salt	1.22g	0.58g	6g



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Front of Pack Guideline Daily Amounts:

Each crumpet contains...

	Calories	Sugars	Fat	Saturates	Salt
Value	89	1.8g	0.3g	0.1g	0.6g
GDA%	4%	2%	<1%	<1%	10%

of an adult's Guideline Daily Amount

Storage and Freezing Instructions:

For best before see top of pack. Store in a cool, dry place. Suitable for home freezing. Place in freezer as soon as possible after purchase and consume within 1 month.

Heating Instructions:

To enjoy warm, place under a preheated moderate grill or in the toaster until golden brown.

Food intolerance data

Free From?	Yes/No	Comment
Genetic Modification (EU Regs 1830/2003 requiring full traceability)	Yes	
Wheat /Wheat Derivatives	No	Wheat Flour, Dextrose
Oats/Rye/Barley and Derivatives thereof	Yes	
Gluten	No	Wheat Flour
Crustaceans	Yes	
Eggs and Egg Products	Yes	
Fish and Fish Products	Yes	
Peanut/Peanut Derivatives	Yes	
Soya/ Soya Derivatives	Yes	
Milk/Milk Products/Milk Derivatives	No	May Contain Milk due to cross contamination.
Other Nuts and Derivatives	Yes	
Celery	Yes	
Mustard	Yes	
Sesame/Sesame Derivatives	Yes	
SO2/Sulphites above 10mg/kg	Yes	
Natural Colours	Yes	
Artificial Colours/Azo Dyes/Coal Tars	Yes	
Natural Flavourings	Yes	
Artificial Flavourings	Yes	
Artificial Preservatives including Benzoates	No	E202
BHA/BHT	Yes	
MSG/Glutamates	Yes	
Added Sweeteners	Yes	
Other Additives	No	E450, E500, E575



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Beef/Beef Products	Yes	
Pork/Pork Products	Yes	
Gelatine	Yes	
Yeast	No	Yeast
Coconuts	Yes	
HVP/TVP	Yes	
Added Sugar	No	Dextrose
Added Salt	No	Salt
Suitable for Vegetarians	Yes	
Suitable for Vegans	No	May Contain Milk due to Cross Contamination.
Suitable for Coeliacs	No	Wheat Flour, Dextrose
Lupin	Yes	

Spec reference SP12.2235
Mix code: 19231

BOP version 1