



## Kara English Breakfast Muffins (48 Pack)

### Product Images



## Additional Information

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Brand	Kara
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## Storage

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Temperature	Frozen
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## Ingredients

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Ingredients	Wheat Flour, (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Semolina (WHEAT), Salt, Yeast, SOYA Flour, Sugar, Palm Oil, Spirit Vinegar, Emulsifier (E472e), Preservative (E282), Flour Treatment Agent (E300).
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## Allergens

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Celery	No
Gluten	Yes
Crustacea	No
Eggs	No
Fish	No
Lupin	No
Milk	No
Molluscs	No
Mustard	No
Nuts	No
Peanuts	No
Sesame	May Contain
Soya	Yes
Sulphites	No

## Dietary Information

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Approved for a Halal	No
Approved for a Kosher Diet	No
Suitable for Lactose-Free Diet	Yes
Suitable for a Vegan	Yes
Suitable for a Vegetarian	Yes

## Nutritional Information

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Carbs per 100g (g)	41.7 g
Carbs of which Sugars per 100g (g)	4.4 g
Fat per 100g (g)	1.5 g
Fat of which Saturates per 100g (g)	0.5 g
Fibre per 100g	2.7 g
Energy per 100g (kcal)	220 kcal
Energy per 100g (kJ)	930 kJ
Protein per 100g (g)	8.4 g
Salt per 100g (g)	1 g

While every care has been taken to ensure this information is correct, food products are constantly being reformulated and nutrition content may change. We would therefore recommend that you do not rely solely on this information and always check product labels. This does not affect your statutory rights. We do not accept liability for any inaccuracies or incorrect information contained on this site.