

The Bakers Guide To Using Australian Sweet Lupin Flour



The
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Co.

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ROSEWOOD RESEARCH
Innovation in cereal & grain foods



Artisan
FOOD SHED

Recipe



GR.	INGREDIENTS	Recipe gr.	Water %	Total %
1	"Water @ 40 °C	500	100.0%	62.89%
2	Sultanas / Raisins	250	50.0%	31.45%
	Sugar	40	8.0%	5.03%
	Malt flour	5	1.0%	0.63%
	Store for 3 days @ 26 - 28 °C			
	in plastic food container			
	lid with holes			
	Total	795	159.0%	100.00%

Lupin Artisan Country Loaf

Recipe



✓	Product: Levain 50 - 50 starter	Group: Ferments
	Flour required: 250 kg.	Water content: 14.11%
	Issue number: 1.01	Recipe by: JH
	Last update: Fri 21-01-22 09:16:13	Issue Date: 18-Nov-21

GR.	INGREDIENTS	Recipe gr.	Flour %	Total %
1	Bakers flour 10.5% T55	125	50.0%	19.96%
	Rye Wholemeal flour	125	50.0%	19.96%
2	Macerated Sultana liquid	375	150.0%	59.88%
	Barley Malt flour EA	1	0.5%	0.20%
	2 days cool dry place (21 °C)			
	Total	626	250.5%	100.00%

Levain 50 - 50 refresher

1	Levain 50 - 50 starter	548	100.0%	92.08%
2	Bakers flour 10.5% T55	14	2.5%	2.30%
	Wholemeal flour 100 %	14	2.5%	2.30%
3	Water	19	3.5%	3.22%
	Barley Malt flour EA	1	0.1%	0.09%
	Refresh for the next 14 days			
	cool dry place (21°C)			
	Total	595	108.6%	100.00%



Lupin Artisan Country Loaf

Recipe



✓	Product: Levain Preferment 50 - 50	Group: Ferments
	Leaven required: .7 kg	Water content: 102.45%
	Issue number: 1.01	Recipe by: JH
	Last Update: Fri 21-01-22 09:16:13	Issue Date: 18-Nov-21

GR.	INGREDIENTS	Recipe gr.	Flour %	Total %
1	Bakers flour 10.5% T55	163	50.0%	23.26%
	Wholemeal flour 100 %	163	50.0%	23.26%
2	Levain 50 - 50 refresher	49	15.0%	6.98%
3	Water warm 35 @ °C	326	100.0%	46.51%
	18 - 22 hrs. cool dry place (21°C)			
	multiplier 1 : 15			
	Total	700	215.0%	100.00%



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P.4 (ACL3)



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Artisan
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Lupin Artisan Country Loaf

Recipe



✓	Product:	LFC Country Loaf	Group:	Artisan
	Dough Required	8.000 kg.	Water content:	79.69%
	Issue number:	1.01	Recipe by:	JH
	Last update:	Fri 21-01-22 09:16:13	Issue Date:	18-Nov-21

GR.	INGREDIENTS	Recipe gr.	Flour %	Total %
3	Flour 12.5 % T55 Maximus Mauri	3,519	86.0%	43.99%
1	Levain Preferment 50 - 50	614	15.0%	7.67%
2	Water	2,529	61.8%	31.61%
3	Salt	82	2.0%	1.02%
	Barley malt flour EA	20	0.5%	0.26%
4	LFC Lupin flour	573	14.0%	7.16%
	Water	458	11.2%	5.73%
5	Water	205	5.0%	2.56%
		8,000	195.5%	100.00%



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ROSEWOOD RESEARCH
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Artisan
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Lupin Artisan Country Loaf

Technical Info



Preferment: Levain Preferment 50 - 50

Mix	Type of mixer	Hobart	Time / Info
	Length of time	3 min.	-----
Preferment	Time	18 - 22 hrs.	-----
	Temperature	21 °C	-----

Final dough

Mixing	Type of mixer	Spiral Kemper	100 slow	200 fast	
	Dough temp.	26 °C			-----
	Water temp. required	tbd °C			-----
	Hold back	group 3, 4 and 5			-----
	Length of time	1.0 min.	U	slow premix	-----
		3.0 min.	U	slow add water	-----
		4.0 min.	U	fast	-----
	Autolyse	30 min.			-----
	Add	group 3 and 4			-----
	Length of time	1.5 min.	U	Slow	-----
				add group 5 in stages	-----
		.5 min.	U	Slow	-----
		1.5 min.	U	fast	-----
				till clear window test	-----

Fermentation	Time	3 hrs.	
	Temperature	26 °C	
	Folds	5 X 30 min.	-----

Mould	Divide	by hand 650 gr
	Preshape	Point to point 2x
	Proof / rest	20 min.
	Mould	Vienna artisan style
	Proofing device	Board between cloth rise flour

Process Note: Option 1 Overnight process

Retard	Overnight	18 hrs.	Time	-----
		6 °C	Temperature	-----
		65 %	Humidity	-----
Proof Final	Recovery	30 - 45 min. @ ambient temp.		-----
	Proof	30 - 45 min.		-----
	Temperature	26- 28 °C		-----
	Humidity	65 %		-----



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Artisan
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Lupin Artisan Country Loaf

Technical Info

	Temperature	26 - 28 °C		
	Humidity	65 %		
Baking	Decorate @ slashes	bakers choice		
	Steam	yes 4 - 6 sec.		
Deck:	Flu	closed		
Polin electr	Settings	°C	Time	T - B %
	Start	250	3	50 - 50
	Intermediate	235	30	50 - 50
	Finish	240	5	50 - 50
	Time		38	min.
	Flu	open last 10 min.		

Process Notes:

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- change from one bakery to the other and during the year
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P.7 (ACL6)



ROSEWOOD RESEARCH
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Artisan Breads - Baguette poolish

Recipe

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Product:	LFC Baguette Poolish	Group:	Artisan
Dough Required	10.0 kg	Water content:	71.45%
Issue number:	1.01	Recipe by:	JH
Last Update:	Mon 17-01-22 12:38:58	Issue Date:	18-Nov-21

GR.	INGREDIENTS	Recipe gr.	Flour %	Total %
3	Banditcote 11.5% T55 (Laucke)	3,375	100.0%	33.75%
1	AFS Poolish	3,511	104.0%	35.11%
2	Water 1	1,354	40.1%	13.54%
4	Malt flour EA (Blue Lake Milling)	12	0.3%	0.12%
	Salt	94	2.8%	0.94%
	Yeast (Mauri)	6	0.17%	0.06%
5	LFC Lupin flour	721	21.4%	7.21%
	Water } Soaker	577	17.1%	5.77%
6	Water 2	351	10.4%	3.51%
		10,000	296.3%	100.00%



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ROSEWOOD RESEARCH
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Artisan
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Artisan Breads - Baguette poolish

Technical Info

Preferment			Time / Info		
Mix	Type of mixer	Hobart			
	Length of time	3 min. 1st gear			
	Poolish temp.:	24 °C			
Preferment	Time	18	hrs.	-----	
	Temperature	21	°C	-----	
	Humidity	65	%	-----	
Final dough					
Mixing	Type of mixer	Spiral Kemper	100 slow	200 fast	
	Dough temp.	24	°C		
	Water temp. required	+ b d	°C		
	Length of time	1.0 min.	↻	slow premix	-----
		2.0 min.	↻	slow add water	-----
			↻	fast	-----
	Hold back	group 4 - 5 - 6			
	Autolyse	30 min.			
	Add	remaining ingredients			
	Length of time	2.0 min.	↻	Slow	-----
		3.0 min.	↻	Fast	-----
add water in 2-3 stages					
Bowl / Bench rest					
Fermentation	Time	2.5	hrs.	1 x fold after 1 hr.	
	Temperature	24	°C		
		65	% Humidity	-----	
Mould	Divide	by hand	450		
	Preshape	2x Point to Point			
	Proof / rest	15 - 20			
	Mould	Baguette	45 - 50 cm.		
	Proofing device	board between cloth + rice flour			
Proof Final	Time	45	min.	-----	
	Temperature	26	°C	-----	
	Humidity	65	%	-----	
	Dry proof	10 min.	@ ambient temp.		

Artisan Breads - Baguette poolish

Technical Info

Baking	Decoration	Score, bakers choice of shape and cut		
	Rest	5 min.		
	Steam	yes	2 - 3 sec	
Deck:	Flu	closed		
Polin electr	Settings	°C	Time	T - B %
	Start	240	2	50 - 50
	Intermediate	230	18	50 - 50
	Finish	235	5	50 - 50
	Time		25	min.
	Flu	open last 10 min.		

Process Notes:

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-
-

Artisan Breads - Baguette poolish

Nutritional Info

Average Quantity	PerServe	Per100g
Energy	614kJ	959kJ
Protein	6.5g	10.2g
Total Fat	0.8g	1.3g
Saturated	0.1g	0.2g
Carbohydrate	29.5g	46.1g
Sugars	0.2g	0.3g
Sodium	270mg	421mg
Potassium	none	none
Dietary Fibre	2.6g	4.1g



Warnings: This food contains Wheat, Lupin

Ingredient Listing

(*) Indicates Gluten - containing cereals or soy

Ingredients:

Poolish: (preferment (water, flour*, yeast)) (41.0%), flour* (wheat*, folic acid, vitamin B1 (thiamine), water , lupin flour (8.43%), sea salt (iodised), malt flour*, bakers yeast,

HACCP

Nett Weight (gms) 385

Size (mm) 550 x 85 x 65

Servings per Product 6 (4 slices + 2 ends)

Serving Size (gms) 64

APN LFC

Date Marking Best Before

Product Shelf Life 2 days in cool, dry, packed conditions

Recommended Retail Shelf Life 2 days

Recommended Freezing Conditions Store @ or blow -15 C. Consume within 2 days after removing from freezer.

Recommended Frozen Life 1 month

Glycemic Index



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Artisan Breads - Ciabatta Loaf

Nutritional Info

Average Quantity	PerServe	Per100g
Energy	658kJ	877kJ
Protein	7.1g	9.5g
Total Fat	0.9g	1.2g
Saturated	0.2g	0.2g
Carbohydrate	32.1g	42.7g
Sugars	0.2g	0.2g
Sodium	326mg	435mg
Potassium	none	none
Dietary Fibre	2.8g	3.7g



Warnings: This food contains Wheat, Lupin

Ingredient Listing

(*) Indicates Gluten - containing cereals or soy

Ingredients:

Poolish: (preferment (water, flour*, yeast)) (43.2%), flour* (wheat*, folic acid, vitamin B1 (thiamine), water , lupin flour (7.72%), sea salt (iodised), bakers yeast,

HACCP

Nett Weight (gms) 600

Size (mm) 300 x 150 x 65 aprox

Servings per Product 8 (6 slices + 2 ends)

Serving Size (gms) 75

APN LFC

Date Marking Best Before

Product Shelf Life 5 days in cool, dry, packed conditions

Recommended Retail Shelf Life 2 days

Recommended Freezing Conditions Store @ or blow -15 C. Consume within 2 days after removing from freezer.

Recommended Frozen Life 1 month

Glycemic Index



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P.13 (AB6)



ROSEWOOD RESEARCH
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Multigrain - Sandwich Multigrain Dough

Recipe

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✓	Product: LFC Multigrain dough	Group: Sandwich
	Dough required: 10.000 kg	Liquid content: 75.00%
	Issue number: 1.01	Recipe by: JH
	Last update: Wed 19-01-22 16:21:32	Issue Date: 19-Jan-16

From Scratch

GR.	INGREDIENTS	Recipe gr.	Flour	Total
			%	%
1	Flour 12.5 % T55 Maximus (Mauri)	3,959	87.5%	39.59%
1a	Lupin flour LFC	566	12.5%	5.66%
	Water	452	10.0%	4.52%
2	White M 4% (Mauri)	181	4.0%	1.81%
	Yeast dry (Mauri)	45	1.0%	0.45%
	Gluten (Manildra)	90	2.0%	0.90%
3	Water	2,262	50.0%	22.62%
	Oil (Canola, Farmer Harvest)	181	4.0%	1.81%
4	Multigrain premix Laucke	1,131	25.0%	11.31%
	Water	1,131	25.0%	11.31%
Total		10,000	221.0%	100.00%



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P.14 (M1)



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Artisan
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5



Group: Sandwich

Liquid content: 75.00%

Recipe by: JH

Issue Date: 19-Jan-16

From Dough

GR.	INGREDIENTS	Recipe gr.	Dough	Total
			%	%
1	Multigrain dough	8,982	100.0%	89.82%
2	Lupin flour LFC	566	6.3%	5.66%
	Water	452	5.0%	4.52%
	Total	10,000	111.3%	100.00%



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P.15 (M2)



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Artisan
FOOD SHED

Multigrain - Sandwich Multigrain Dough

Technical Info

Final dough

Mixing	Type of mixer	Spiral Kemper	100	slow	200	fast
	Dough temp. required	24	°C			
	Water temp.	tbd	°C			
	Hold back	Group 1a & 4				
	Length of time	1.0 min.	↻	slow	premix	
		2.0 min.	↻	slow	add water	
		4.0 min.	↻	fast		
	Add	Group 1a & 4				
	Length of time	1.0 min.	↻	Slow		
		1.5 min.	↻	Fast		
Rest	Bowl / Bench	15 - 20 min.				
Moulding	Divide	by hand	700	gr		
	Preshape	point to point				
	Rest	25 - 30 min.				
	Mould	sandwich				
	Proofing device	sandwich tin: 235x115x115 (Tassie tin)				
Proof Final	Time	75 - 90	min.			
	Temperature	28 - 30	°C			
	Humidity	75	%			
Baking	Decoration	n/a				
	Steam	no				
Deck:	Flu	closed				
Polin electr	Settings	°C	Time	T - B	%	
	Start	245	2	50 - 50		
	Intermediate	235	30	50 - 50		
	Finish	245	5	50 - 50		
	Time		37	min.		
	Flu					

Process Notes:

- All the times, temperatures are to be used as guidance only, circumstances change from one bakery to the other and during the year



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P.16 (M3)



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Artisan
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Recipe



Product:	LFC White sandwich	Group:	Sandwich
Dough Required	6.300 kg	Water content:	70.00%
Issue number:	1.01	Recipe by:	JH
Last update:	Wed 19-01-22 17:22:27	Issue Date:	08-Nov-21

From Scratch

[illegible]

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P.17 (WS1)



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Artisan
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Recipe

From Dough



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P.18 (WS2)



Artisan
FOOD SHED

White Sandwich

Technical Info



Final dough

Mixing	Type of mixer	Spiral Kemper	100	slow	200	fast	
	Dough temp.	24	°C				-----
	Water temp. required	tbid	°C				-----
	Presoak 1 hr.	Lupin flour +	water soaker (Grp 1a)				
	Hold back	Group 1a					-----
	Length of time	1.0 min.	U	slow	premix		-----
		4.5 min.	U	slow	add water		-----
	Add	Group 1a					-----
	Length of time	1.0 min.	U	slow			-----
		1.5 min.	U	Fast			-----
	Bowl / Bench rest	15 - 20	min.				-----
Mould	Divide	by hand	700	gr.			
	Preshape	hand scraper /	point to point				
	Rest	30 - 35	min.				
	Mould / shape	sandwich					
		65	%	Humidity			-----
Proof Final	Time	75 - 90	min.				-----
	Temperature	28 - 30	°C				-----
	Humidity	75	%				-----
Baking	Decoration	n/a					
	Steam	no					
	Flu	closed					
Polin	Settings	°C	Time	T - B	%		-----
Electr.	Start	240	2	50 - 50			-----
Deck	Intermediate	230	26	50 - 50			-----
	Finish	240	4	50 - 50			-----
	Time		32	min.			
	Flu	closed					

Process Notes:

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P.19 (WS3)



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Artisan
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Recipe

[illegible]

White Sandwich - Sandwich premix

Recipe



Product:	LFC White scratch	Group:	Sandwich
Dough Required	8.000 kg.	Water content:	72.00%
Issue number:	1.01	Recipe by:	JH
Last Update:	Thu 11-11-21 15:12:24	Issue Date:	08-Nov-21

gr.	Ingredients	Recipe gr.	Flour %	Total %
1	Flour 12.5 % T55 Maximus Mauri	3,933	87.5%	49.16%
	Lupin flour LFC	562	12.5%	7.02%
2	Salt	79	1.8%	0.98%
	Potato flour (Idaho)	90	2.0%	1.12%
	Yeast dried (Mauri)	45	1.0%	0.56%
	Sovereign Blue Improver (Allied)	31	0.7%	0.39%
	Mono fresh (Bakels)	13	0.3%	0.17%
	Malted Barley (Blue lake milling)	11	0.3%	0.14%
4	Water	3,056	68.0%	38.20%
	Vegetable oil (Canola, Farmers Harv	180	4.0%	2.25%
		8,000	178.0%	100.00%



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P.21 (WS5)



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White Sandwich - Sandwich premix

Technical Info



Final dough

Mixing	Type of mixer	Spiral Kemper	100	slow	200	fast
	Dough temp.	24	°C			
	Water temp. required		°C			
	Length of time	1.0 min.	U	slow	premix	
		3.0 min.	U	slow	add water	
		4.5 - 5 min	U	fast		
	Bowl / Bench rest	15 - 20	min.			
Mould	Divide	by hand	700	gr.		
	Preshape	hand scraper /	point to point			
	Rest	30 - 35	min.			
	Mould / shape	sandwich				
	Proofing device	Baking tin, 235 x 115 x 115	(Tassie tin)			
Proof Final	Time	75 - 90	min.			
	Temperature	28 - 30	°C			
	Humidity	75	%			
Baking	Decoration	n/a				
	Steam	no				
	Flu	closed				
Polin	Settings	°C	Time	T - B	%	
Electr.	Start	250	2	50 - 50		
Deck	Intermediate	230	28	50 - 50		
	Finish	245	5	50 - 50		
	Time		35min.			
	Flu	closed				

Process Notes:

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P.22 (WS6)



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White Sandwich - Sandwich premix

600gr Nutritional Info



Average Quantity	PerServe	Per100g
Energy	411kJ	1,100kJ
Protein	4.0g	10.6g
Total Fat	1.5g	3.9g
Saturated	0.6g	1.5g
Carbohydrate	16.2g	43.1g
Sugars	0.2g	0.5g
Sodium	173mg	460mg
Potassium	53mg	141mg
Dietary Fibre	1.7g	4.6g



Warnings: Nil

Ingredient Listing

(* Indicates Gluten - containing cereals or soy

Ingredients:

Wheat flour (folic acid, vitamin B1 (thiamine)), Water, Lupin flour, Vegetable Oil, sea salt (iodised), soy flour*, sugar (cane), mineral salt (170, 516), emulsifier (481) vegan, vitamin C (300), raising agent (920) vegan, enzymes, Bakers yeast,

HACCP

Nett Weight (gms) 600
Size (mm) 235 x 110 x 110
Servings per Product 16 (16)
Serving Size (gms) 37.5
APN LFC
Date Marking Best Before



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P.23 (WS7)



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Artisan
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Recipe

[illegible]

Wholemeal Sandwich Bread

Technical Info



Final dough

Mixing	Type of mixer	Spiral Kemper	100	slow	200	fast	
	Dough temp. required	24	°C				-----
	Water temp.	tbd	°C				-----
	Length of time	1.0 min.	U	slow	premix		-----
		3.0 min.	U	slow	add water		-----
		7 - 7.5 min.	U	fast			-----
Rest	Bowl / Bench	15 - 20 min.					
Moulding	Divide	by hand	700 gr				
	Preshape	point to point					
	Rest	25 - 30 min.					-----
	Mould	sandwich					
	Proofing device	sandwich tin: 235x115x115 (Tassie tin)					
Proof Final	Time	75 - 90	min.				-----
	Temperature	28 - 30	°C				-----
	Humidity	75	%				-----
Baking	Decoration	n/a					
	Steam	no					
Deck:	Flu	closed					
Polin electr	Settings	°C	Time	T - B	%		-----
	Start	250	2	50	50		-----
	Intermediate	230	28	50	50		-----
	Finish	245	5	50	50		-----
	Time		35 min.				
	Flu						

Process Notes:

- All the times, temperatures are to be used as guidance only, circumstances change from one bakery to the other and during the year



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ROSEWOOD RESEARCH
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Artisan
FOOD SHED

Wholemeal Sandwich Bread

600gr Nutritional Info



Average Quantity	PerServe	Per100g
Energy	413kJ	983kJ
Protein	4.7g	11.1g
Total Fat	1.7g	4.1g
Saturated	0.6g	1.5g
Carbohydrate	14.1g	33.5g
Sugars	0.3g	0.8g
Sodium	178mg	423mg
Potassium	none	none
Dietary Fibre	2.8g	6.6g



Warnings: This food contains Wheat, Lupin, Soy

Ingredient Listing

(*) Indicates Gluten - containing cereals or soy

Ingredients:

wholemeal flour* (wheat*, folic acid, vitamin B1 (thiamine), water, lupin flour (7.40%), flour* (wheat*, folic acid, vitamin B1 (thiamine), vegetable oil, gluten*, sea salt (iodsed), soy flour*, sugar (cane), mineral salt (170, 516), emulsifier (481)vegan, vitamin C (300), raising agent (920) vegan, enzymes, bakers yeast, malt flour*,

HACCP

Nett Weight (gms) 600

Size (mm) 235 x 110 x 110

Servings per Product 14 (14 slices + 2 crust)

Serving Size (gms) 42

APN LFC

Date Marking Best Before

Product Shelf Life 5 days in cool, dry, packed conditions

Recommended Retail Shelf Life 2 days

Recommended Freezing Conditions Store @ or blow -15 C. Consume within 2 days after removing from freezer.

Recommended Frozen Life 1 month

Glycemic Index



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