

Supplier's Product Code :
 Product Added :
 Last Updated by Supplier :
 erudus id :

F01688
 13 April 2026
 13 April 2026
 dea696972f6c48f5beec6cf726a0356c



The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provided by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions.

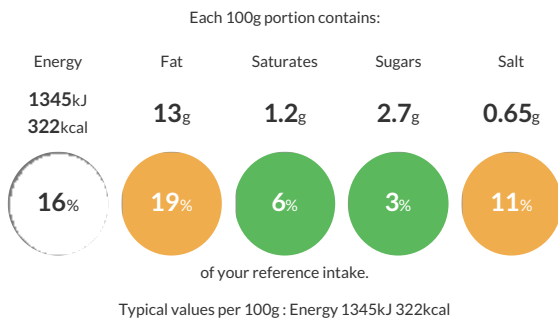
F000288 - Genius Seeded Roll 1 x 25

Short Product Name:
 Seeded Roll

Gluten free rolls made from tapioca starch, rice flour and potato starch

Traded Unit GTIN: 05060195902256 Internal GTIN: Supplier: Kara Foodservice (Fletchers) Suppliers Product Code: F01688

Reference Intake



Nutritional Information

Typical Values	Per 100g
Energy	1345kJ 322kCal
Carbohydrates	38.1g
of which sugars	2.7g
Fat	13g
of which saturates	1.2g
Fibre	7.1g
Protein	5.6g
Salt	0.65g

Allergy Information

Key: Contains May Contain

Does Not Contain Cereal/Gluten	Does Not Contain Milk	Contains Eggs	Does Not Contain Peanuts	Does Not Contain Nuts	Does Not Contain Crustaceans	Does Not Contain Mustard
Does Not Contain Fish	Does Not Contain Lupin	Does Not Contain Sesame	Does Not Contain Celery	Does Not Contain Soya	Does Not Contain Molluscs	Does Not Contain Sulphur Dioxide

Dietary Information

Key: Suitable for

Suitable for Vegetarian	May not be suitable for Vegan	May not be suitable for Kosher	May not be suitable for Halal	Suitable for Coeliac
-------------------------	-------------------------------	--------------------------------	-------------------------------	----------------------

Gluten Claim

Gluten content is less than 20ppm.

Ingredients

Water, Starches (Tapioca, Potato, Maize), Mixed Seeds (18%) (Sunflower, Linseed, Flaxseed, Millet, Poppy), Rice Flour, Rapeseed Oil, Humectant (Vegetable Glycerol), Brown Flaxseed, Yeast, Black Treacle, Psyllium Husk, Iodised Salt (Salt, Potassium Iodate), Stabiliser (Hydroxypropyl Methyl Cellulose, Xanthan Gum), Vegetable Fibres (Flaxseed, Potato, Psyllium, Bamboo), Apple Extract, Fermented Maize Starch, Dried Egg White.

Vitamins & Minerals: Calcium Carbonate, Niacin, Iron, Riboflavin, Thiamin, Folic Acid.