

amisa

DELIGHTFULLY GLUTEN FREE



easy bake
10
minutes

ORGANIC Italian Style CIABATTA ROLLS



Serving suggestion

- ✓ Vegan
- ✓ Source of fibre

180g
(3 rolls)



ML-BIO-01
EU/Non-EU Agriculture
Produced in Netherlands

Organic Italian Style Ciabatta Rolls

Ingredients: water, corn starch*, rice flour*, psyllium*, invert sugar*, millet*, chickpea flour*, **oats*** (gluten free), sunflower oil*, ground linseed*, yeast, salt, emulsifier, xanthan gum, chickpea protein*, black cumin oil*, thickener, guar gum*, basil powder*, * = certified organic ingredients.

Allergy advice: Produced in an environment where **eggs, lupin, milk, soy, sesame** and **nuts** are also used.

Once opened keep refrigerated and consume within 2 days.

Packed in a protective atmosphere.

Preparation: remove rolls from packaging and place on middle shelf in a pre-heated oven. Bake at 200°C for 10 minutes, or until golden brown.

Average Nutritional Values per 100g

ENERGY	739kJ/175kcal
FAT	3.7g
of which saturates	0.4g
CARBOHYDRATE	31g
of which sugars	2.1g
FIBRE	6.2g
PROTEIN	4.2g
SALT	1.1g

Best before: see front.

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