

BLAKEAWAY

PARATHA INDIAN FLATBREAD 400G

NUTRITION INFORMATION

SERVINGS PER PACKAGE: 5

SERVING SIZE: 80G

	Per Serving	Per 100G
Energy	1217 kJ	1521 kJ
Protein	6 g	7 g
Fat, Total	13 g	16 g
Saturated	7 g	9 g
Carbs	38 g	48 g
Sugars	2 g	3 g
Sodium	306 mg	383 mg



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INGREDIENTS: WHEAT FLOUR (70%); SUNFLOWER OIL; SUGAR; SALT; WATER

CONTAINS: GLUTEN

MANUFACTURED IN A FACILITY THAT ALSO PROCESSES EGG, GLUTEN, MILK, LUPINS, TREE NUTS, FISH, CRUSTACEAN, SOY & SESAME.

PREPARATION: HEAT EACH FLATBREAD IN A FRYING PAN ON A MEDIUM HEAT, WARM ON BOTH SIDES.

IF FROZEN, DEFROST COMPLETELY BEFORE FOLLOWING INSTRUCTIONS ABOVE.

STORAGE: REFRIGERATE AND CONSUME WITHIN 3 DAYS OF OPENING OR FREEZE BEFORE BEST BEFORE DATE.

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