

BLAKEAWAY

NUTRITIONAL INFORMATION

SERVING SIZE : 200 GR

	Per serving	Per 100g
Energy	3466.5 kJ	1733.2 kJ
Protein	20.7 g	10.4 g
Fat, Total	7.4 g	3.7 g
<i>Saturated</i>	1.2 g	0.6 g
Carbs	160.8 g	80.4 g
<i>Sugars</i>	2.2 g	1.1 g
Sodium	1141.5 mg	570.8 mg

WHITE CORN TORTILLA (8) (GF)

STONE GROUND CORN; WHITE CORN; WATER

CONTAINS: GUAR GUM, CELLULOSE GUM, BENZOIC ACID, PHOSPHORIC ACID

PREPARATION:

PAN FRY WITH A TABLESPOON OF OIL OVER A LOW HEAT UNTIL WARM, OR IN A MICROWAVE UNTIL WARM.

STORAGE:

REFRIGERATE AND CONSUME WITHIN 3 DAYS OF OPENING OR FREEZE BEFORE USE BY DATE.



201027

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