

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

F00382
27 April 2026
27 April 2026
001290dab0854de9aa895f36f2205181



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.

Fletchers Medium Sliced Wholemeal Bread 8 x 800g e

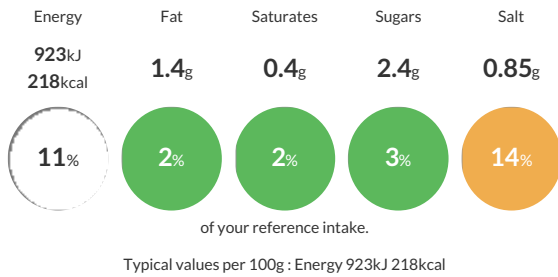
Short Product Name:
Wholemeal Bread

A golden brown medium sliced wholemeal loaf.

Traded Unit GTIN: **05010066001120** Internal GTIN: Supplier: **Kara Foodservice (Fletchers)** Suppliers Product Code: **F00382**

Reference Intake

Each 100g portion contains:



Nutritional Information

Typical Values	Per 100g
Energy	923kJ 218kCal
Carbohydrates	38.2g
of which sugars	2.4g
Fat	1.4g
of which saturates	0.4g
Fibre	7.1g
Protein	9.7g
Salt	0.85g

Allergy Information

Key: **Contains** **May Contain**



Allergen Statement

For allergens (including cereals containing gluten), see ingredients in **CAPITALS**.

Ingredients

Wholemeal **WHEAT** Flour, Water, Salt, Wheat Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Palm Oil, Yeast, Emulsifiers (E472e, E471), Preservative (E282), **SOYA** Flour, Spirit Vinegar, Flour Treatment Agent (E300).

Dietary Information

Key: **Suitable for**

