

## Item data sheet



### Better Life Whole Grain Rolls "Vital", 4 sorts

<b>Item no.</b>	<b>1694</b>
Designation of the food item	Mixed Wheat Roll
EAN	4009837016945
Convenience level	ready baked
This item is vegetarian.	

Units					
Unit	PIECE *	BAG	CARTON	LAYER	PALLET
Quantity per base unit	1	35	140	840	5.040
Gross weight <sup>1</sup>	0,04907	1,71745	6,8698	41,2188	247,3128
Net weight	0,045	1,575	6,30	37,80	226,80
L x W x H (mm)	-	500 x 500 x 0	591 x 261 x 321	-	1.200 x 800 x 2.076
Diameter (mm)	-	-	-	-	-
Cartons/pallets	-	-	-	-	36

\* Base unit of the item

<sup>1</sup> Weight in frozen state incl. Packaging

### Measurements

Measurements:

Grain roll: l 13.0 x w 6.5 x h 3.0 cm

Fitness roll: l 8.0 x w 8.0 x h 3.5 cm

Spelt wholemeal roll: l 13.0 x w 7.0 x h 4.0 cm

Muesli roll: l 7.0 x w 7.0 x h 3.5 cm

Nutritional values		Ingredients	Allergens
<b>Multigrain Pyramid Roll</b>			
energy	1374 kJ / 331 kcal	WHEAT FLOUR, ALMOND, water, sunflower seeds, linseed, yeast, RYE FLOUR, OAT flakes, WHEAT SEMOLINA, salt, DRIED RYE SOUR DOUGH, roasted BARLEY MALT FLOUR, MALTED BARLEY, MALTED WHEAT FLOUR, WHEAT GERM, acerola	Contains: GLUTEN AND - PRODUCTS, NUTS AND - PRODUCTS
fat	13,5 g		
thereof saturated fatty acids	1,6 g		

carbohydrates	37,4 g	May contain: SOYA, MILK, SESAME	
thereof sugar	2,0 g		
protein	13,0 g		
salt	1,0 g		

All data refer to 100 g

Nutritional values	Ingredients	Allergens
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**fitness bread roll**

energy	1164 kJ / 280 kcal	WHEAT FLOUR, water, sunflower seeds, linseed, yeast, salt, SESAME, MALTED BARLEY extract, sunflower oil, WHEAT GLUTEN, MALTED BARLEY FLOUR, MALTED BARLEY extract, acerola juice concentrate, full of cane sugar, coconut oil  May contain: SOYA, MILK, NUT PRODUCTS	Contains: GLUTEN AND - PRODUCTS, SESAME AND - PRODUCTS
fat	7,5 g		
thereof saturated fatty acids	0,8 g		
carbohydrates	44,6 g		
thereof sugar	1,1 g		
protein	9,3 g		
salt	1,27 g		

All data refer to 100 g

Nutritional values	Ingredients	Allergens
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**Spelt wholegrain roll**

energy	1369 kJ / 331 kcal	Spelt WHEAT Whole Grain Flour (48%), water, sunflower seeds, pumpkin seed, WHEAT GLUTEN, QUARG, yeast, salt, Spelt WHEAT Flour, sunflower oil, MALTED BARLEY FLOUR, MALTED BARLEY extract, full of cane sugar, acerola juice concentrate, coconut oil  May contain: SOYA, NUT PRODUCTS, SESAME	Contains: GLUTEN AND - PRODUCTS, MILK AND - PRODUCTS
fat	13,5 g		
thereof saturated fatty acids	1,9 g		
carbohydrates	35,0 g		
thereof sugar	1,0 g		
protein	12,3 g		
salt	1,1 g		

All data refer to 100 g

Nutritional values	Ingredients	Allergens
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**Muesli Roll**

energy	1564 kJ / 376 kcal	WHEAT FLOUR, sultana (8%), sunflower seeds (7,7%), cranberries (5,3%), (dried)(cranberries, sugar, sunflower oil), cane sugar, linseed (4,8%), ALMOND, (chopped), (roasted), OAT flakes, water, yeast, sunflower seed oil, salt, WHEAT	Contains: GLUTEN AND - PRODUCTS, NUTS AND - PRODUCTS
fat	11,2 g		
thereof saturated fatty acids	1,3 g		

carbohydrates	55,3 g	SEMOLINA, MALTED BARLEY extract, MALTED BARLEY, RYE SOUR, full of cane sugar, MALTED BARLEY FLOUR, acerola juice concentrate, WHEAT GLUTEN, coconut oil, curcuma May contain: SOYA, MILK, SESAME	
thereof sugar	16,7 g		
protein	10,7 g		
salt	1,3 g		

All data refer to 100 g

### Baking instructions

20 minutes defrost and warm up at 180°C 3-5 minutes.

### Best before date (from date of production)

12 months

### Transport and storage conditions

This product must be transported and stored at a temperature of at least -18°C.

### Gene Ordinance

This product does not contain any genetically modified raw materials

Status: 02/06/2024

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