

## Item data sheet



### Better Life Wellness fit mix box, 3 diff. sorts

<b>Item no.</b>	<b>2403</b>
Designation of the food item	Spelt-, wheat mix-, wheat roll with quinoa
EAN	4009837024032
Convenience level	ready baked
This item is vegetarian.	

### Units

Unit	PIECE *	BAG	CARTON	LAYER	PALLET
Quantity per base unit	1	35	105	630	3.780
Gross weight <sup>1</sup>	0,06459	2,26065	6,78195	40,6917	244,1502
Net weight	0,06	2,10	6,30	37,80	226,80
L x W x H (mm)	-	360 x 970 x 0	592 x 262 x 322	-	1.200 x 800 x 2.082
Diameter (mm)	-	-	-	-	-
Cartons/pallets	-	-	-	-	36

\* Base unit of the item

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

### Measurements

Measurements:

spelt carrot rolls: l 11.0 x w 6.0 x h 4.0 cm

barley rolls: l 9.0 x w 8.0 x h 4.0 cm

Quinoa rolls: l 8.0 x w 7.0 x h 4.5 cm

### Nutritional values

### Ingredients

### Allergens

#### Spelt carrots roll

energy	1150 kJ / 272 kcal	Spelt WHEAT Flour (48%), carrot (9%), WHEAT GLUTEN, SOFT CURD CHEESE, water, Spelt WHEAT Whole Grain Grist (5%), SESAME, linseed, salt, HAZELNUTS, (chopped), MALTED BARLEY extract, sunflower seed oil, full of cane sugar, acerola juice concentrate, coconut oil	Contains: GLUTEN AND - PRODUCTS, MILK AND - PRODUCTS, NUTS AND - PRODUCTS, SESAME AND SESAMPRODUCTS
fat	4,9 g		
thereof saturated fatty acids	0,7 g		
carbohydrates	40,6 g		

thereof sugar	3,2 g	May contain: SOYA
protein	15,0 g	
salt	1,76 g	

All data refer to 100 g

Nutritional values	Ingredients	Allergens
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### Barley roll

energy	1157 kJ / 275 kcal	<p>WHEAT FLOUR (42,3%), water, BARLEY FLOUR (10,7%), Spelt WHEAT Whole Grain Flour (8%), Corn oil flour, linseed, spelt WHEAT whole grain sourdough, dried, BARLEY flakes (1,9%), sunflower seed oil, MALTED BARLEY extract, salt, yeast, potato flakes, roasted BARLEY MALT FLOUR, MALTED BARLEY FLOUR, full of cane sugar, acerola juice concentrate, coconut oil</p> <p>May contain: SOYA, MILK, NUT PRODUCTS, SESAME</p>	<p>Contains: GLUTEN AND - PRODUCTS</p>
fat	3,9 g		
thereof saturated fatty acids	0,6 g		
carbohydrates	46,2 g		
thereof sugar	4,0 g		
protein	8,6 g		
salt	1,57 g		

All data refer to 100 g

Nutritional values	Ingredients	Allergens
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### Quinoa roll

energy	1282 kJ / 305 kcal	<p>WHEAT FLOUR, water, quinoa (12%), (puffed), SESAME, Spelt WHEAT Whole Grain Flour, WHEAT GLUTEN, linseed, salt, yeast, RYE FLOUR, DRIED RYE SOUR DOUGH, MALTED BARLEY extract, dextrose, WHEAT roasted MALT FLOUR, WHEAT BRAN, rapeseed oil, acerola juice concentrate</p> <p>May contain: SOYA, MILK, NUT PRODUCTS</p>	<p>Contains: GLUTEN AND - PRODUCTS, SESAME AND SESAMPRODUCTS</p>
fat	5,0 g		
thereof saturated fatty acids	0,7 g		
carbohydrates	41,9 g		
thereof sugar	1,4 g		
protein	10,7 g		
salt	1,33 g		

All data refer to 100 g

## Baking instructions

30 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: 17/05/2024

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