

Self Raising Flour

This product creates a wonderful base for home baked cakes.

Ingredients

Unbleached Bakers Flour, SAPP32, Sodium Bicarbonate, Vitamin (Thiamine & Folate).

Nutritional Information

<i>Serving size</i>	<i>40g (1/3 cup)</i>	
	<i>Average quantity per serving</i>	<i>Average quantity per 100g</i>
Energy	560kJ	1410kJ
Protein	4.5g	11.1g
Fat total	Less than 1g	1.0g
- saturated	Less than 1g	Less than 1g
Carbohydrate	27.1g	67.6g
- sugars	Less than 1g	Less than 1g
Sodium	380mg	950mg

Storage instructions

Store in a cool, dry place

Packaging

Provided in a white multiwall paper bag.

Size

12.5kg

1.2kg

Applications

Cakes

Quiche Pastry

Pie Bottom Pastry

Scones

Irish Soda Bread