



## BAKELS GLUTEN FREE HEALTH FLOUR

### OVERVIEW

Gluten-free flour suitable to replace wheat flour in a range of products, without compromising the taste of traditional wheat-based goods.

### INGREDIENTS

Maize Starch, Modified starch (1422), Rice Flour, Raising agents (450, 500), Soy Flour

### PACKAGING

Code	Size	Type	Palletisation
393142	6 KG	Carton	

## NUTRITIONAL INFORMATION

Type	Value
Energy (kJ)	1,480.00
Protein (g)	1.00
Fat- Total g	0.40
Fat - Saturated g	0.10
Carbohydrate (g)	86.60
Carbohydrate-Sugars g	0.10
Dietary Fibre g	0.30
Sodium mg	277.00

## METHOD

Group 1	
Ingredient	KG
Butter (softened)	0.050
Bakels Gluten Free Health Flour	0.350
Water	0.190
Tasty Cheese (grated)	0.100
Red Capsicum (chopped)	0.050
Green Capsicum (chopped)	0.050
<b>Total Weight: 0.790</b>	

## DESCRIPTION

Savoury Scones - USING BAKELS GLUTEN-FREE HEALTH FLOUR 1. Mix softened butter and BAKELS GLUTEN FREE HEALTH FLOUR until mix resembles soft crumbs. 2. Add water and mix to a soft dough. 3. Do not over-mix. 4. Add cheese, red and green capsicum and mix in. 5. Roll out dough to 3.5-4 cm high and cut into desired size. 6. Place on a greased oven tray and brush with milk. 7. Bake at 200°C for 10-12 minutes or until golden. 8. Makes approximately 20.



### STORAGE

Store below 25°C in clean, dry conditions and protected from direct sunlight.



### SHELF LIFE

365 days



### TYPE

Carton



### ALLERGENS

Contains: soy, May be present due to shared equipment: wheat, egg, milk, sesame, walnut and almond



### CATEGORY

Gluten Free Products



### INGREDIENT FEATURES

Gluten Free



### FINISHED PRODUCT

Flour