



PETERS YARD FLATBREAD – SEEDED 135G (6 PTNS)

SKU: U163.07

Categories: [Biscuits](#), [Savoury](#)

Tags: [crackers](#), [peters yard](#), [savoury biscuit](#), [savoury cracker](#), [savoury flatbread](#), [seeded flatbread](#), [sourdough](#), [sourdough cracker](#), [sourdough flatbread](#)

Approx. pieces 90 | Pack size 6 x 135g | Piece size L165 x W29mm / 9g |

These sourdough flatbreads are made in small batches with a signature sourdough starter, which slowly ferments for 16 hours. They're crafted from Shipton Mill flour, British rapeseed oil and poppy, sunflower, pumpkin and nigella seeds, then seasoned with hand-harvested Halen Môn sea salt. Savour the crunch with your favourite dips.

ALLERGY INFORMATION

Allergen statement

Made in an environment that handles eggs, soya, milk, mustard, sesame, tree nuts and sulphites.

Contains:

Celery/celeriac	No
Lupin	No
Eggs	May Contain
Fish	No
Soybeans	May Contain
Milk	May Contain
Mustard	May Contain
Peanuts	No
Sesame seeds	May Contain
Crustacea	No
Molluscs	No
Tree nuts	May Contain
Gluten	Yes
Palm oil (RSPO)	No

Sulphur Dioxide

May Contain

DIETARY INFORMATION

Vegetarian	Yes
Vegan	Yes
Lactose intolerant	Yes
Coeliacs	No
Halal approved	No
Kosher approved	No

NUTRITIONAL INFORMATION (TYPICAL VALUES PER 100G)

kJ	1791
Calories	426
Fat (g)	13
Sat. fat (g)	1.4
Carbohydrate (g)	68
Sugar (g)	3.4
Protein (g)	13
Salt (g)	2.1

INGREDIENTS

WHEAT flour (WHEAT flour, Calcium, Iron, Thiamin, Niacin), wholemeal WHEAT flour, sourdough 19% (RYE flour, water), rapeseed oil, seeds 9% (pumpkin seeds, sunflower seeds, poppy seeds, nigella seeds), muscovado sugar, sea salt. Topping: Sea salt (Halen Môn PDO).