Product Specification

Product name	Cooked Wholegrain Freekeh
Product brand	Greenwheat Freekeh
Product codes	I02709
Product pack sizes	10 x 1 kg
Product description	Cooked, retorted wholegrain Freekeh. Can be added to salads & soups or as substitute for cooked rice. This product has been produced in accordance with the requirements of FSANZ Code.

Ingredients	Water, Wholegrain Freekeh (35%) (**Gluten, Wheat**).
Allergens	Gluten, Wheat May Contain Lupin
Nutritional Information Panel	

Nutrition Information		
Servings per package:	10	
Serving size:	100 g	
Average Quantity	***Per serving**	***Per 100 g**
Energy	519 kJ	519 kJ
Protein, total	4.9 g	4.9 g
Fat, total	1.2 g	1.2 g
– **saturated**	Less than 1 g	Less than 1 g
Carbohydrate	12.2 g	12.2 g
– **sugars**	1.5 g	1.5 g
– **Dietary Fibre**	12.9 g	12.9 g
Sodium	Less than 5 mg	Less than 5 mg

* All specified values are based on theoretical calculations.

Country of origin	Product of Australia
Directions for storage	Store in a cool, dry place. Refrigerate after opening.
Shelf life	Unopened packs have 12 months shelf life from date of manufacture, recorded as Best Before. Once opened keep refrigerated, consume within 7 days.
GMO status	Does not contain genetically modified ingredients
Claims	5-star Health Rating Good Source of Dietary Fibre Source of Protein 100% Natural Free from Additives, Preservatives & GMO

Product Specification

Certification/ Suitability - **Halal** - **Vegan#** # based on recipe review	 Suitable Suitable
Preparation instructions	The product is ready to eat and can be used straight from the for cold application. Heating instructions (optional): Heating times may vary depending on your appliance. Empty 1 kg freekeh into a microwavable dish with 3 tbsp water. Cover dish with microwave safe cling film and pierce 3 holes. Microwave on high for 1 minute 50 seconds. Carefully remove film and stir. Replace film and microwave for a further 1 minute 50 seconds. Let sit for 50 seconds, then remove the cling film. To warm up half pouch (500 g) repeat steps above and adjust microwave time to 1 minute 20 seconds.
Quality specifications	**Quality test** / **Test range** Visual Inspection / Yellow-brown cooked grains
Microbiological specifications	Commercially Sterile product.
Packaging	1 kg pouches packed 10 per carton
Distribution	Non-refrigerated transport
Palletisation	**Cartons per Layer**: 12 **Layers per Pallet**: 6 **Cartons per Pallet**: 72
EAN	9322771000210
TUN	19322771000217

Please note: Product specifications will not be finalised until a minimum of 5 production runs have been completed by Edlyn Foods.

The above information to the best of our knowledge is correct at the time of printing. Product specifications may change without notice. Any recommendations if made are without warranty or guarantee since the conditions of use are beyond our control.

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