



BFree

235910 - Pita Bread Gluten Free

BFree Foods - Gluten Free, Wheat Free and Dairy Free Pita Bread. Stone baked at over 700F to ensure an authentic taste and perfect pocket, our pitas are ideal for stuffing or using as a base for your favorite gluten free dish!



Nutrition Facts

Servings per Container 4
Serving size 1pita (55g)

Amount per serving
Calories 130

| % Daily Value* | |
|--------------------|-------------------|
| Total Fat | 1g 1% |
| Saturated Fat | 0g 0% |
| Trans Fat | 0g |
| Cholesterol | 0mg 0% |
| Sodium | 200mg 8% |
| Total Carbohydrate | 30g 11% |
| Dietary Fiber | 4g 14% |
| Total Sugars | 1g |
| Includes | 0g Added Sugar 0% |
| Protein | 2g |
| Vitamin D | 0mcg 0% |
| Calcium | 48.1mg 4% |
| Iron | 0.67mg 4% |
| Potassium | 68.8mg 2% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Benefits

BFree Foods - Gluten Free, Wheat Free and Dairy Free Pita Bread. Stone baked at over 700F to ensure an authentic taste and perfect pocket, our pitas are ideal for stuffing or using as a base for your favorite gluten free dish! Our Stone Baked Pita Bread is perfect for stuffing or topping with your favorite fresh ingredients, now with a softer texture and stronger pocket!

Ingredients

Water, Rice Flour, Corn Starch, Potato Starch, Tapioca Starch, Corn Flour, Thickeners (Carbohydrate Gum, Xanthan Gum, Guar Gum, Cellulose Gum), Bamboo Fiber, Humectant (Glycerin), Inulin, Yeast, Psyllium Husk, Pea Protein, Potato Fiber, Pea Fiber, Apple Juice Concentrates, Canola Oil, Fermented Corn, Sourdough (Fermented Corn And Quinoa Flour), Salt, Preservatives (Sorbic Acid, Citric Acid, Tartaric Acid, Malic Acid), Raising Agent (Glucono-Delta-Lactone).
May contain sesame

Allergens

Free From:

- crustaceans
- eggs
- fish
- milk
- peanuts
- sesame
- soy
- tree nuts
- wheat

Handling Suggestions

Once thawed, store in a cool dry place away from sunlight. Once opened, store in an airtight container and use within 4 days
UNIT UPC: 852795005391

Serving Suggestions

Perfect for stuffing or topping with your favourite fillings

Prep & Cooking Suggestions

Recommended to toast before use in order to get the Pita Pocket puffed up.

Product Specifications

| Brand | Manufacturer |
|-------|-----------------|
| BFree | BFree Foods USA |

| UPC | MFG # | SPC # | GTIN | Pack | Pack Desc. |
|--------------|-------|--------|----------------|------|------------|
| 852795005391 | BF591 | 235910 | 00852795005407 | | 12/7.76 OZ |

| Gross Weight | Net Weight | Country of Origin | Kosher | Child Nutrition |
|--------------|------------|-------------------|--------|-----------------|
| 5.2lb | 5lb | Ireland | Yes | |

| Shipping Information | | | | | | |
|----------------------|-------|--------|---------|-------|------------|----------------------|
| Length | Width | Height | Volume | TlxHl | Shelf Life | Storage Temp From/To |
| 15.4in | 9.1in | 5.5in | 0.45ft3 | 12x13 | 78days | -5°F / -2°F |



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Nutrition Analysis - By Measure

| | | | | | |
|------------------------|-----|---------------------|------|----------------|--------|
| Calories | 130 | Total Fat | 1g | Sodium | 200mg |
| Protein | 2 | Trans Fats | 0g | Calcium | 48.1mg |
| Total Carbohydrates... | 30g | Saturated Fat | 0g | Iron | 0.67mg |
| Sugars | 1g | Added Sugars | 0g | Potassium | 68.8mg |
| Dietary Fiber | 4g | Polyunsaturated Fat | | Zinc | |
| Lactose | | Monounsaturated Fat | | Phosphorus | |
| Sucrose | | Cholesterol | 0mg | | |
| Vitamin A(IU)• | | Vitamin D | 0mcg | Thiamin | |
| Vitamin A(RE) | | Vitamin E | | Niacin | |
| Vitamin C | | Folate | | Riboflavin | |
| Magnesium | | Vitamin B-6 | | Vitamin B-1 2• | |
| Monosodium | | Sulphites | | Nitrates | |



Additional Images

