



Roman's Bakehouse

578265 - Veggie Flatbread Vegan

Use Romans Flatbread to create delicious wraps, pizzas, sandwiches, appetizers and snacks! Try our Veggie version with carrots, red peppers, chives, and parsley! Romans premium vegan Flatbread is made with no artificial flavours or colors, no dough conditioners and is dairy, egg, nut and soy free.



Nutrition Facts

Servings per Container 5
Serving size 70.0g (70g)

Amount per serving
Calories 170

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 32g	12%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugar	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 107mg	8%
Iron 2mg	11%
Potassium 13mg	0%

* 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

Romans Bakehouse is your One Stop Shop for Pita, Flatbread and Naan Bread. These premium vegan products are made with no artificial flavors or colors, no dough conditioners and are dairy, egg, nut and soy free. Craft baked since 1989 with the highest quality ingredients, Romans Bakehouse products will be a pantry staple for years to come! The versatile Flatbread will have you using your imagination to create wraps, pizzas, grilled sandwiches, appetizers, snacks and more. A family favorite, our flatbreads are perfect any time of the day! Try our Veggie Flatbread with carrots, red peppers, chives, and parsley!

Ingredients

Enriched wheat flour (flour, niacin, iron, thiamine, riboflavin, folic acid), water, carrots, red bell pepper puree, salt, leavening (calcium acid pyrophosphate, sodium bicarbonate, corn starch, calcium phosphate, calcium sulfate), yeast, cultured wheat flour, canola oil, sugar, vinegar, chives, parsley, guar gum, mono- and diglycerides, enzymes.

Allergens

Contains:



Free From:



Handling Suggestions

Removed desired amount of pieces from bag, reseal bag to maintain freshness.

Serving Suggestions

Open and Enjoy! Top flatbread with your favorite pizza toppings, place in oven at 400C and bake until crispy. Reseal bag for freshness.

Prep & Cooking Suggestions

Top flatbread with your favorite pizza toppings, place in oven at 400C and bake until crispy. Option to place desired ingredients on flatbread, roll to create a flavorful wrap or fold in half and grill on each side to create a delicious panini.

Product Specifications

Brand	Manufacturer	Product Category
Roman's Bakehouse	Fancy Pokket Bakery	Flatbread & Pitas

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
820581578268	578265	578265	10820581578265		18/350 GR

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
14.3lb	13.3lb	Canada	Yes	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
8.25in	18.25in	10.25in	0.89ft3	10x8	276days	-2°F / -5°F



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Nutrition Analysis - By Measure

Calories	170	Total Fat	1.5g	Sodium	300mg
Protein	8	Trans Fats		Calcium	107mg
Total Carbohydrates...	32g	Saturated Fat	0g	Iron	2mg
Sugars	1g	Added Sugars	0g	Potassium	13mg
Dietary Fiber	1g	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-12	
Monosodium		Sulphites		Nitrates	

Additional Images

