GOLDEN WHOLEMEAL

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INGREDIENTS

Wholemeal **Wheat** Flour, Water Flour, Water, Yeast, Salt, Brown Sugar, Malted **Barley** Flour, Emulsifier: Mono- Diacetyltartaric Acid Esters of Mono- and Diglycerides of Fatty Acids; Preservative: Calcium Propionate; Flour Treatment Agent: Ascorbic Acid

ALLERGY ADVICE

For allergens, including cereals containing gluten, see ingredients in **bold**

NUTRITIONAL INFORMATION

Typical Values	Per 100g	Per Slice	% RI Per Slice
ENERGY	912KJ/216Kal	456KJ/108Kcal	5%
FAT	0.9g	0.4g	1%
OF WHICH SATURATES	0.1g	0.1g	<1%
CARBOHYDRATES	39.2g	19.6g	8%
OF WHICH SUGARS	3.3g	1. 7 g	2%
FIBRE	8.0g	4.0g	
PROTEIN	8.7g	4.4g	9 %
SALT	0.9g	0.5g	8%

EACH SLICE (50g) CONTAINS

ENERGY 456KJ 108Kcal	FAT 0.4g	SATURATES 0.1g	sugars 1.7g	SALT 0.5g
5%	1%	<1%	2%	8%

Typical vaules per 100g: Energy 912KJ/216Kcal

