

Vortigern

**SUNFLOWER, LINSEED, SOYA, RYE, BARLEY & MAIZE
WHOLEMEAL BLOOMER WITH ADDED SOURDOUGH**

**SUNFLOWER, LINSEED, SOYA, RYE, BARLEY & MAIZE
WHOLEMEAL SLICED BREAD WITH ADDED SOURDOUGH 800g**

INGREDIENTS

Wholemeal **Wheat** Flour, Water, **Wheat** Gluten, Yeast, Sunflower Kernels (2.5%), Malted **Wheat**, Linseed (1.5%), **Soya** Flakes (1.5%), **Soya** Nuts (1%), Salt, **Rye** Flour, Brown Cane Sugar, Extruded Maize Grits (0.5%), Extruded **Wheat** Bran, Malted **Barley** Flour, Malted **Rye** Flour, Malted **Wheat** Bran, **Rye** Sourdough, **Soya** Flour, Flour Treatment Agent; Ascorbic Acid Emulsifiers; Mono- and Diacetyltartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Lecithin, Flavouring, Spices, Preservative: Calcium Propionate

ALLERGY ADVICE

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

NUTRITIONAL INFORMATION

Typical Values	Per 100g	Per Slice	% RI Per Slice
ENERGY	994KJ/236Kcal	437KJ/104Kcal	5%
FAT	4.4g	1.9g	3%
OF WHICH SATURATES	1.6g	0.7g	4%
CARBOHYDRATES	29.8g	13.1g	5%
OF WHICH SUGARS	4.4g	2.0g	2%
FIBRE	6.5g	2.9g	
PROTEIN	14.1g	6.2g	12%
SALT	0.89g	0.39g	7%

EACH SLICE (44g) CONTAINS

ENERGY	FAT	SATURATES	SUGARS	SALT
437KJ 104Kcal	1.0g	0.7g	2.0g	0.39g
5%	3%	4%	2%	7%

Typical vaules per 100g: Energy 994KJ/236Kcal

