

## Barley Loaf

### Per 100g:

Energy	230 kcal / 961 kJ
Fat	3g
Saturates	0g
Carbs	41g
Sugar	< 1g
Fibre	3g
Protein	8g
Sodium	420mg
Salt	1g

### Ingredients

**Wheat** flour, water, **barley** flour, **barley** semolina, **wheat** sourdough, **wheat** semolina, **wheat** gluten, dextrose, **barley** malt flour, **soybean** oil, salt, yeast, sugar, preservative (E282), flour treatment agent (E 300), emulsifiers (E 471, E 472e, E 481), acidity regulators (E 170, E341).

### Allergen information

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

Produced in a factory handling rye, barley, oats and sesame seeds.