

## Multiseed Loaf

### Per 100g:

Energy	250 kcal / 1045 kJ
Fat	7g
Saturates	1g
Carbs	35g
Sugar	< 1g
Fibre	6g
Protein	10g
Sodium	410mg
Salt	1g

### Ingredients

**Wheat** flour, water, seed & grain blend (14%) (linseed, **soya** granules, de-hulled sunflower seeds, **sesame** seeds), **rye** malt flour, **wheat** bran, maize semolina, wholemeal **oats**, sourdough, **wheat** gluten, **malt** extract, **soya** flour, **wheat** groats, **wheat** semolina bran, **soybean** oil, salt, yeast, sugar, **wheat** malt flour, preservative (E282), flour treatment agent (E300), emulsifier (E481), acidity regulator (E170, E341).

### Allergen Information

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

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