

Wholemeal Loaf

Per 100g

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|-----------|-------------------|
| Energy | 220 kcal / 920 kJ |
| Fat | 3g |
| Saturates | 0g |
| Carbs | 37g |
| Sugar | 1g |
| Fibre | 5g |
| Protein | 8g |
| Sodium | 400mg |
| Salt | 1g |

Ingredients

Wheat flour, water, **wheat** bran, **wheat** groats, **wheat** semolina bran, **wheat** gluten, sugar, **soybean** oil, salt, yeast, **wheat** malt flour, preservative (E282), flour treatment agent (E300), emulsifiers (E471, E472e, E481), acidity regulators (E170, E341).

Allergen Information

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

Produced in a factory handling rye, barley, oats and sesame seed