Multigrain Loaf

Per 100g:

Energy	250 kcal / 1045 kJ
Fat	8g
Saturates	1g
Carbs	35g
Sugar	<1g
Fibre	6g
Protein	10g
Sodium	410mg
Salt	1g

Ingredients

Wheat flour, water, grain and seed blend (14%) (linseed, de-hulled sunflower seeds, **soya** granules, kibbled **rye** kernels, pumpkin seeds, **sesame** seeds), **oat** flakes, millet flour, **barley** flour, maize grits, roasted **malt**, vegetable fat, **oat** groats, **barley** malt, whey powder (**milk**), **rye** flour, **soya** flour, **wheat** groats, **wheat** bran, **soybean** oil, **wheat** gluten, **wheat** semolina bran, 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.