High Fibre Loaf

Per 100g:

Energy	210 kcal / 878 kJ
Fat	3g
Saturates	0g
Carbs	35g
Sugar	2g
Fibre	6g
Protein	8g
Sodium	390mg
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 (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.