

# *Multigrain Soy & Linseed Baked*

<b>Nutrition Information</b>		
<b>A 2.4kg pack makes 4 large loaves.</b>		
<b>Servings per loaf : 10 servings. Each loaf approx 20 slices</b>		
<b>Serving Size: 100 g (2 slices)</b>		
	<b>Avg Quantity per serving</b>	<b>Avg Quantity per 100g</b>
Energy	1042 kJ 249Kcal	1042 kJ 249Kcal
Protein	12.7 g	12.7 g
Fat, total	5.1 g	5.1 g
- saturated	0.7 g	0.7 g
Carbohydrate	36.3g	36.3 g
- sugars	2.0 g	2.0 g
Sodium	244 mg	244 mg
Dietary Fibre	4.7 g	4.7 g
<b>Ingredients: Unbleached wheat flour, Soya 10% (Soya Grits, Soya flour), Kibbled linseed 5%, Sof Whole Rye, Gluten, Maize Polenta, Non iodised Salt, Mineral salt (170, 516), Emulsifier (481), Ascorbic acid (Vitamin C), Vitamin ( Thiamine, Folic Acid), Enzyme, Yeast sachet : Dry Yeast, Emulsifier (491). CONTAINS : WHEAT and SOY</b>		