



ASDA Multigrain Hoops 500g

Dietary and lifestyle

Allergy advice

Contains: **Barley**, **Wheat**, **Oats**

May Contain: **Milk**

May also contain Milk.

Each 30g contains:

Sugars

4.8g

5%

Energy

114kcal

484kJ

low

6%

Salt

0.13g

medium

2%

Saturates

0.2g

low

1%	
Fat	1.1g
medium	
2%	
of your RI†	
Typical energy values per 100g: 1612kJ/381kcal	
†RI = Reference Intake	