



## 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