



Vegan Society

## Dietary and lifestyle

### Allergy advice

Contains: Barley, Wheat

### Lifestyle

Suitable for Vegans

#### Each 40g contains:

Energy

145kcal  
612kJ

7%

Saturates

0.1g

low

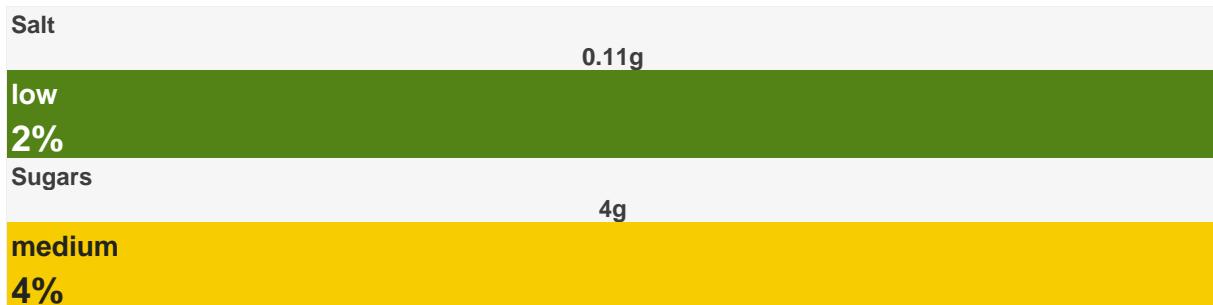
1%

Fat

0.5g

low

1%



of your RI†

Typical energy values per 100g: 1530kJ/362kcal

†RI = Reference Intake

## Description

### Net Content

750 Grams

### Additives

Free From: Artificial Flavours

Free From: Artificial Colours

### Ingredients

Whole **Wheat** (98%), Sugar, Malted **Barley** Extract, Partially Inverted Sugar Syrup, Salt, Vitamin and Mineral Mix [Niacin (B3), Iron, Pantothenic Acid (B5), Thiamin (B1), Riboflavin (B2), Vitamin B6, Folic Acid (B9), Vitamin B12]

### Nutritional Values

Typical values per 100g Per 40g

| Typical values     | Per 100g | Per 40g | Per 40g serving with 125ml semi-skimmed milk |
|--------------------|----------|---------|--|
| Energy kcal        | 362      | 145     | 204kcal                                      |
| Energy kJ          | 1530     | 612     | 858kJ  |
| Fat                | 1.3g     | 0.5g    | 2.5g   |
| of which saturates | 0.3g     | 0.1g    | 1.4g   |
| Carbohydrate       | 71g      | 28g     | 34g  |
| of which sugars    | 10g      | 4.0g    | 10g  |
| Fibre              | 11g      | 4.4g    | 4.4g   |
| Protein            | 11g      | 4.4g    | 8.5g   |
| Salt               | 0.28g    | 0.11g   | 0.30g  |

| Typical values                                      | Per 100g    | Per 40g    | Per 40g serving with 125ml semi-skimmed milk |
|---|-------------|------------|--|
| Vitamin B6  | 1.2mg 86%   | 0.48mg 34% |  |
| Vitamin B12   | 2.1µg 84%   | 0.84µg 34% |  |
| Vitamins & minerals                                 | %RI†        | %RI†       |  |
| Iron  | 12mg 86%    | 4.8mg 34%  |  |
| Pantothenic Acid                                    | 5.1mg 85%   | 2.0mg 33%  |  |
| We suggest this product provides 18 servings        |             |            |  |
| This pack contains approximately 18 servings of 40g |             |            |  |
| †RI = Reference Intake                              |             |            |  |
| Riboflavin  | 1.2mg 86%   | 0.48mg 34% |  |
| Thiamin   | 0.094mg 85% | 0.38mg 35% |  |
| Folic Acid  | 170µg 85%   | 68.0µg 34% |  |
| Niacin  | 14mg 88%    | 5.6mg 35%  |  |