



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%

Salt	0.11g
low 2%	
Sugars	4g
medium 4%	

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%	