



48 Wheat Bisk

Typical values	Per 100g	Per 2 biscuits	Per 2 wheat biscuits serving with 150ml semi-skimmed milk
Energy kJ	1514	568	864
Energy kcal	358	134	205
Fat	2.0g	0.8g	3.2g
of which saturates	0.6g	0.2g	1.7g
Carbohydrate	68g	26g	33g
of which sugars	4.4g	1.7g	8.9g
Fibre	10g	3.8g	3.8g
Protein	12g	4.5g	9.5g
Salt	0.28g	0.11g	0.30g
Vitamins & minerals	%RI†	%RI†	

Typical values	Per 100g	Per 2 biscuits	Per 2 wheat biscuits serving with 150ml semi-skimmed milk
Thiamin	0.94mg 85%	0.35mg 32%	
Niacin	14mg 88%	5.3mg 33%	
Folic Acid	170µg 85%	63.8µg 32%	
Iron	12mg 86%	4.5mg 32%	
Riboflavin	1.2mg 86%	0.45mg 32%	
†RI = Reference Intake			
We suggest this product provides 24 servings			

Features

Bowls of Goodness. Wholewheat Cereal Biscuits, Fortified with Iron. Contains Wholegrain. High in Fibre. High in Iron. British wheat. Live Better. No Artificial Colours, Flavours or Hydrogenated Fat. Suitable for vegans