

Wessex Mill®



Wholemeal Rye Flour

Ingredients rye

Allergen Advice

For allergens, including cereals containing gluten, see ingredients in **bold**.

Nutrition

Typical values	per 100g
Energy	1428kJ/335kcal
Fat	2.1g
of which saturates	0.3g
Carbohydrate	69g
of which sugars	2.1g
Fibre	11g
Protein	8.2g
Salt	0g

Packed in the UK.

Flour made from 100% of the rye grain. Use in any recipe that requires wholemeal rye flour. Makes delicious loaves, rolls and close textured biscuits. Only suitable for use in bread machines that have a rye paddle.



Always cook flour before consumption.

Store in a cool dry place.

Best Before see back V1



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Wessex Mill, Salisbury Road, Hungerford, North Wessex Downs, RG17 0RF
www.wessexmill.co.uk, hello@wessexmill.co.uk @wessexmill

1.5kg e

CGL_104150

Colours:
cmyk process

