

Organic Barley Flakes 500g

Allergy Advice!

Cereals containing Gluten In **Bold**

Suitable For Vegetarians & Vegans

Ingredients

Organic **Barley**

Nutrition per 100g Typical

Energy	1300kj (311 kcal)
Fat	1.8g
Of Which Saturates	0.5g
Mono-unsaturates	0.2g
Poly-unsaturates	1.1g
Carbohydrate	57.8g
Fibre	11.0g
Protein	10.0g



GB-ORG-05

Non EU/EU Agriculture

Country Of Origin: Various



Batch
Code

Store in a Cool Dry Place

Best Before