

LOVEGRASS
ETHIOPIA

**WHOLEGRAIN
CRISPY TEFF FLAKES**

Lovegrass Ethiopia Crispy Teff Flakes are made with wholegrain teff and a touch of gently pressed sugar cane juice for a crispy, crunchy and utterly delicious breakfast naturally high in iron, fibre, magnesium, manganese, zinc, phosphorus and a good source of calcium and potassium. Back to basics, real food, our cereal can be enjoyed as a part of a healthy and balanced diet.

Nutrition Information

Serving size: 40 g

Typical Values	Per 100g	Per 40g serving	%RI* (serving)
Energy	1318kJ 315Kcal	527kJ 126Kcal	6,0% 6,0%
Fat	3g	1,2g	2,0%
Of which is saturated	0,7g	0,28g	1,0%
Carbohydrate	64g	25,6g	10,0%
Of which is Sugar	7,9g	3,16g	4,0%
Fibre	16,5g	6,6g	22,0%
Protein	8g	3,2g	6,0%
Salt	25mg	10mg	0,2%
Iron	24mg	9,6mg	69,0%
Magnesium	181mg	72,4mg	19,0%
Calcium	185mg	74mg	9,0%
Zinc	2,6mg	1,04mg	10,0%
Manganese	10,6mg	4,24mg	212,0%
Phosphorous	351mg	140,4mg	20,0%
Potassium	454mg	181,6mg	9,0%




*Reference intake of an average adult (8400kJ/2000kcal)

Ingredients: Wholegrain teff, sugar cane juice.

Storage: Store in a cool, dry place.

To retain freshness, fold down inner bag after use.

Find out more about Lovegrass Ethiopia and the range at
www.thelovegrass.com

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Net weight
350g e



Manufactured by:
Lovegrass Agriprocessing, Sukilla, Ethiopia.
Distributed by:
Lovegrass Ethiopia, Legion House, 75 Lower
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Customer Care: info@thelovegrass.com



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For best before date: see base of pack.