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UK Nutrition Standard			
Nutrition Information			
Typical value	Per 100g		
Energy	1210kJ/289kcal		
Fat	1.7g		
of which saturates	0.4g		
Carbohydrate	55g		
of which sugars	2.1g		
Fibre	2.5g		
Protein	11g		
Salt	1.0g		

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Ingredients: **Spelt flour**, Filtered water, lodized sea salt (salt, potassium iodate)

For allergens, including cereals containing gluten, see ingredients in **Bold**

May also contain other cereals containing gluten.

Importer's Address:

Unit 2, 550 White Hart Lane, London N17 78F, United Kingdom.

Mountain Bread Pty Ltd



Labelmakers Group Pty Ltd

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