



LOVEGRASS

ETHIOPIA

WHOLEGRAIN
TEFF RINGS

Lovegrass Ethiopia Teff Cocoa Rings are made with wholegrain teff, cocoa powder, a sprinkle of cinnamon 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: 30 g

Typical Values	Per 100g	Per 30g serving	%RI* (serving)
Energy	1351kJ 323Kcal	406kJ 97Kcal	5,0% 5,0%
Fat	5,1g	1,5g	2,0%
Of which is saturated	0,78g	0,2g	1,0%
Carbohydrate	59,99g	18g	7,0%
Of which is Sugar	11,5g	3,5g	4,0%
Fibre	24,5g	7,4g	25,0%
Protein	9,2g	2,76g	6,0%
Salt	25mg	7,5mg	0,1%
Iron	32,6mg	9,78mg	70,0%
Magnesium	157mg	47,1mg	13,0%
Calcium	129mg	38,7mg	5,0%
Zinc	2,1mg	0,62mg	6,0%
Manganese	19,1mg	5,73mg	287,0%
Phosphorous	327mg	98,1mg	14,0%
Potassium	514mg	154,2mg	8,0%

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

Ingredients: Wholegrain teff, cocoa powder, cinnamon, 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



lovegrassethiopia



thelovegrass



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Net weight
350g e



Manufactured by:

Lovegrass Agroprocessing, Sululta, Ethiopia.

Distributed by:

Lovegrass Ethiopia, Legion House, 75 Lower
Road, Kenley CR8 5NH.

Customer Care: info@thelovegrass.com



TCR350

For best before date: see base of pack.