

## Kibbled Rye

*Kibbled Rye is produced at Cummins Milling from cereal rye sourced from the northern region of Eyre Peninsula. The product is processed through the first break roll under low pressure.*

### *Ingredients*

Cereal rye with no additives.

### *Nutritional Information*

<i>Serving size</i>	<i>40g (1/3 cup)</i>	
	<i>Average quantity per serving</i>	<i>Average quantity per 100g</i>
Energy	555kJ	1390kJ
Protein	4.8g	12.0g
Fat total	Less than 1g	2.2g
- saturated	Less than 1g	Less than 1g
Carbohydrate	23.5g	58.8g
- sugars	Less than 1g	1.4g
Dietary Fibre	5.2g	13.0g
Sodium	Less than 1.8mg	5mg

### *Storage instructions*

Store in a cool, dry place

### *Packaging*

Provided in a brown multiwall paper bag.

### *Size & Code*

Flour35            25kg  
Kib03              per kg

### *Applications*

Use in multigrain bread.  
Topping on bread loaves.