

Rye Flour

Rye Flour is produced from cereal rye grown on the Eyre Peninsula. It is high in fibre.

Ingredients

Unbleached rye flour with no additives.

<i>Nutritional Information</i>		
<i>Serving size</i>	40g (1/3 cup)	
	<i>Average quantity per serving</i>	<i>Average quantity per 100g</i>
Energy	580kJ	1450kJ
Protein	4.0g	9.9g
Fat total	Less than 1g	1.4g
- saturated	Less than 1g	Less than 1g
Carbohydrate	28.2g	70.5g
- sugars	Less than 1g	1.0g
Dietary Fibre - Total	1.6g	4.0g
Sodium	Less than 5mg	Less than 5mg

Storage instructions

Store in a cool, dry place

Packaging

Provided in a brown multiwall paper bag.

Size & Code

Flour65 25kg

Applications

Rye Bread
Pumpinikle Bread
Crisp Rye Flat Bread
Multigrain Bread