

Rye Meal

Rye Meal is produced at Cummins Milling from cereal rye grown on Eyre Peninsula. It is suitable for Rye Breads.

Ingredients

Wholegrain 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 | 536kj | 1340kJ |
| Protein | 4.3g | 10.7g |
| Fat total | 1.0g | 2.6g |
| - saturated | Less than 1g | Less than 1g |
| Carbohydrate | 22.1g | 55.2g |
| - sugars | Less than 1g | Less than 1g |
| Dietary Fibre - Total | 6.0g | 15.0g |
| Sodium | Less than 1.8mg | Less than 5mg |

Storage instructions

Store in a cool, dry place

Packaging

Provided in a brown multiwall paper bag.

Code & Size

Flour40 25kg

Applications

Rye Bread