

## 100% Wholemeal Rye Flour

*Wholemeal Rye Flour is produced at Cummins Milling from cereal rye grown on Eyre Peninsula.*

### *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 5mg	Less than 5mg

### *Storage instructions*

Store in a cool, dry place

### *Packaging*

Provided in a white multiwall paper bag with a red background and black/white product label.