Ingredients

Cracked wheat 100%.

Allergens

Contains: cereals containing gluten (wheat).

Nutritional information	Per 100 g
Energy	1363 kJ / 323 kcal
Fat	2,2 g
of which saturates	0,2 g
Carbohydrate	59 g
of which sugars	0,7 g
Fibre	13 g
Protein	11 g
Salt	0,13 g