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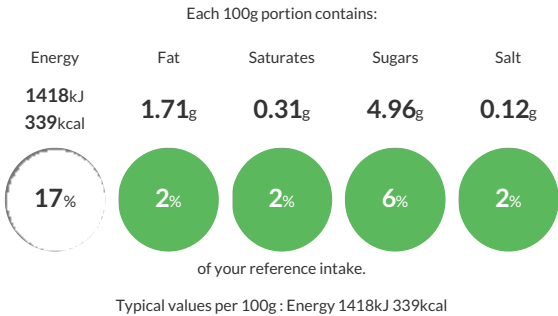
# Greenwheat Freekeh 1kg

Short Product Name:  
Greenwheat Freekeh

Cracked Grain Freekeh (Triticum turgidum).

Traded Unit GTIN: 5060103914593 Internal GTIN: 5060103912803 Supplier : Centaur Foods Ltd Suppliers Product Code : NUT031

## Reference Intake



## Nutritional Information

Typical Values	Per 100g
Energy	1418kJ 339kCal
Carbohydrates	72.73g
of which sugars	4.96g
Fat	1.71g
of which saturates	0.31g
Fibre	9.36g
Protein	12.85g
Salt	0.12g

## Allergy Information

Key: Contains May Contain

  
Contains Cereal/Gluten

  
Does Not Contain Milk

  
Does Not Contain Eggs

  
Does Not Contain Peanuts

  
Does Not Contain Nuts

  
Does Not Contain Crustaceans

  
May Contain Mustard

  
Does Not Contain Fish

  
Does Not Contain Lupin

  
May Contain Sesame

  
May Contain Celery

  
May Contain Soya

  
Does Not Contain Molluscs

  
May Contain Sulphur Dioxide

## Dietary Information

Key: Suitable for

  
Suitable for Vegetarian

  
Suitable for Vegan

  
May not be suitable for Kosher

  
May not be suitable for Halal

  
NO DATA for Coeliac

## Ingredients

Greenwheat Freekeh 100%