

Supplier's Product Code :
 Product Added :
 Last Updated by Supplier :
 erudus id :

NUT031
 23 February 2026
 23 February 2026
 046676c963584f1b97b38174cbe5b66d



The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provided by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions.

Greenwheat Freekeh 1kg

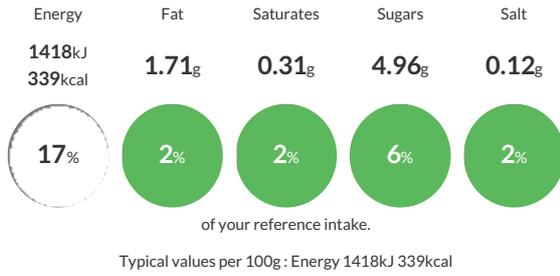
Short Product Name:
 Greenwheat Freekeh

Cracked Grain Freekeh (Triticum turgidum).

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

Reference Intake

Each 100g portion contains:



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%