



Schapfen GerstenWonne

Barley and spelt wheat bread

- *without the addition of wheat components (NOT Gluten Free)*
- *Good fresh keeping qualities due to the addition of potato flakes*
- *Contains Honey to round up the taste*
- *38 % Barley components (flour, sourdough, malt)*
- *19 % Spelt components (flour, bran, sourdough)*
- *100 g “Gerstensonne” contain 9.5 g fibre (approx 1/3 of the recommended minimum daily intake)*

Nutritious values*/100 g baked goods:

Kilocalorie (kcal)	232
Protein	10 g
Carbohydrates	29 g
(sugars) 5.1 g	
Fat	8.2 g
(saturated) 1.3 g	
Natrium	0.58 g



** analytical values, subject to natural fluctuations*