Hovis Best of Both ® Medium

Ingredients:

*Water, **Wheat** Flour (with added Calcium, Iron, Niacin, Thiamin) (32%), Wholemeal Flour (**Wheat)** (32%), Yeast, Calcium Sulphate, Salt, **Wheat Protein**, **Soya** Flour, Preservative: E282, Emulsifiers: E472e, E471, E322 (Rapeseed); Flour Treatment Agent: Ascorbic Acid.*



Allergen Information:

*Contains **Gluten**, W**heat** and **Soya.***

Additional Information:

Nutritional Profile	Per 100g	Per 40g serving*	% RI per serving
Energy	226 kcal	91 kcal	5%
Fat	1.6g	0.6g	1%
Saturated Fat	0.3g	0.1g	1%
Carbohydrates	40.8g	16.3g	6%
Sugar	2.9g	1.1g	1%
Fibre	5.6g	2.2g	
Protein	9.5g	3.8g	8%
Salt	0.90g	0.36g	6%

**This is the manufacturer's suggested serving size (not by age).*

Primary	Secondary
50g – 70g	80g – 100g