

GLUTEN FREE - The Sourdough One

INGREDIENTS: WATER, SORGHUM FLOUR, POTATO STARCH, TAPIOCA FLOUR, MAIZE FLOUR, BROWN RICE FLOUR, MILLET FLOUR, OLIVE OIL, PSYLLIUM HUSK, PURE MAPLE SYRUP, SALT, VEGETABLE GUM (464), LINSEEDS, YEAST, GINGER, XANTHAN GUM.

Nutrient Information	Avg per serve 85 g	Avg Per 100g
Energy:	670kJ	788kJ
Calories:	160Cal	188Cal
Calories from Fat:	28Cal	33Cal
Protein:	2.4g	2.8g
Fat, Total:	3.1g	3.7g
- Saturated:	0.4g	0.5g
Carbohydrate:	28.2g	33.2g
- Sugars:	1g	1.2g
Sodium:	376mg	442mg