Supplier's Product Code :	NUT031
Product Added :	09 October 2026
Last Updated by Supplier :	09 October 2026
erudus id :	046676c963584f1b97b38174cbe5b66d

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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

Each 100g portion contains:

Energy	Fat	Saturates	Sugars	Salt
1418kJ 339kcal	1.71g	0.31g	4.96g	0.12g
17%	2%	2%	6%	2%

of your reference intake.

Typical values per 100g : Energy 1418kJ 339kcal

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
- Does Not Contain Mustard
- Does Not Contain Fish
- Does Not Contain Lupin
- Does Not Contain Sesame
- Does Not Contain Celery
- May Contain Soya
- Does Not Contain Molluscs
- May Contain Sulphur Dioxide (SO_2)

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%