



## Ospryo Semolina 3kg

### Product Images



## Additional Information

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|       |        |
|-------|--------|
| Brand | Osprio |
|-------|--------|

## Storage

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|             |         |
|-------------|---------|
| Temperature | Ambient |
|-------------|---------|

## Ingredients

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|             |                         |
|-------------|-------------------------|
| Ingredients | 100% Durum <b>Wheat</b> |
|-------------|-------------------------|

## Allergens

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|        |    |
|--------|----|
| Celery | No |
|--------|----|

|        |     |
|--------|-----|
| Gluten | Yes |
|--------|-----|

|           |    |
|-----------|----|
| Crustacea | No |
|-----------|----|

|      |    |
|------|----|
| Eggs | No |
|------|----|

|      |    |
|------|----|
| Fish | No |
|------|----|

|       |    |
|-------|----|
| Lupin | No |
|-------|----|

|      |    |
|------|----|
| Milk | No |
|------|----|

|          |    |
|----------|----|
| Molluscs | No |
|----------|----|

|         |    |
|---------|----|
| Mustard | No |
|---------|----|

|      |    |
|------|----|
| Nuts | No |
|------|----|

|         |    |
|---------|----|
| Peanuts | No |
|---------|----|

|        |    |
|--------|----|
| Sesame | No |
|--------|----|

|      |    |
|------|----|
| Soya | No |
|------|----|

|           |    |
|-----------|----|
| Sulphites | No |
|-----------|----|

## Dietary Information

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|                                |     |
|--------------------------------|-----|
| Approved for a Halal           | No  |
| Approved for a Kosher Diet     | Yes |
| Suitable for Coeliacs          | No  |
| Suitable for Lactose-Free Diet | Yes |
| Suitable for a Vegan           | Yes |
| Suitable for a Vegetarian      | Yes |

## Nutritional Information

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|                                     |          |
|-------------------------------------|----------|
| Carbs per 100g (g)                  | 79.2 g   |
| Carbs of which Sugars per 100g (g)  | 2.3 g    |
| Fat per 100g (g)                    | 2.1 g    |
| Fat of which Saturates per 100g (g) | 0.3 g    |
| Fibre per 100g                      | 3.7 g    |
| Energy per 100g (kcal)              | 362 kcal |
| Energy per 100g (kJ)                | 1535 kJ  |
| Protein per 100g (g)                | 12 g     |
| Salt per 100g (g)                   | 0.01 g   |

While every care has been taken to ensure this information is correct, food products are constantly being reformulated and nutrition content may change. We would therefore recommend that you do not rely solely on this information and always check product labels. This does not affect your statutory rights. We do not accept liability for any inaccuracies or incorrect information contained on this site.