

Nutrition

	per 100g
Energy	965kJ/228kcal
Fat	2.3g
of which Saturates	0.7g
Carbohydrate	42g
of which Sugars	1.7g
Fibre	2.3g
Protein	8.2g
Salt	1.1g

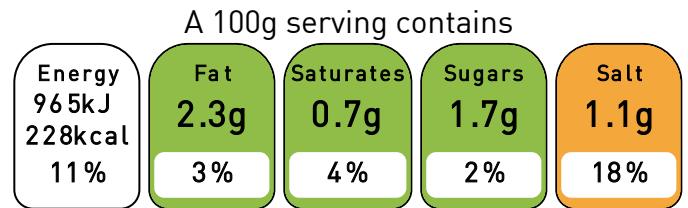
Ingredient Declaration

WHEAT Flour, Water, BARLEY Mix (12%) (BARLEY Flour, BARLEY Semolina, Dried WHEAT Sourdough (WHEAT Flour, Starter), WHEAT Semolina, WHEAT Flour, WHEAT Gluten, Dextrose, BARLEY Malt Flour, Flour Treatment Agent E300), Salt, Sugar, Sunflower Oil, WHEAT Gluten, Additive (Water, Emulsifier (E471), (E472e)), Yeast (Saccharomyces Cerevisiae, Emulsifier: E491), Additive (1%) (WHEAT Bran, Malt Extract (BARLEY Malt, Water)), Emulsifier E481, Acidity Regulators (E170, E341), WHEAT Malt Flour, Enzymes, Flour Treatment Agent E300, Preservative: Calcium Propionate E282

Allergens

- Contains Gluten !
- Contains Wheat !
- Contains Barley !

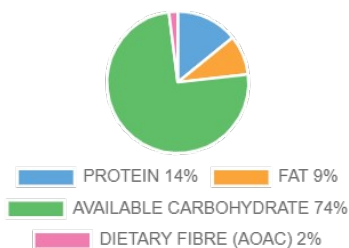
Front of Pack



of an adult's reference intake

Typical values per 100g: 965kJ/228kcal

Energy Contributions



EU Reference Intakes

Per 100g		RI Quantity	% RI
Energy	kJ	8400	965 11%
Total Fat	g	70.0	2.3 3%
Saturates	g	20.0	0.7 4%
Carbohydrate	g	260.0	42.2 16%
Sugars	g	90.0	1.7 2%
Protein	g	50.0	8.2 16%
Salt	g	6.0	1.1 18%