

Nutrition

	per 100g
Energy	1399kJ/334kcal
Fat	15g
of which Saturates	2.3g
Carbohydrate	35g
of which Sugars	2.1g
Fibre	5.7g
Protein	11g
Salt	0.83g

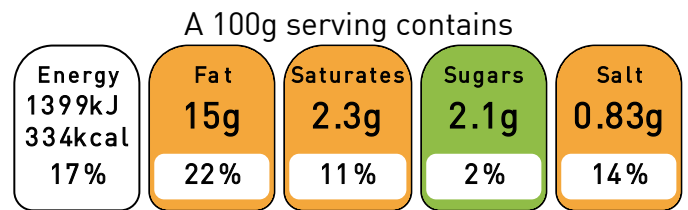
Ingredient Declaration

WHEAT Flour, Water, Linseed (12%), SESAME Seeds (12%), Sunflower Oil, WHEAT Bran [RYE], WHEAT Groats [RYE], Sugar, Dried WHEAT Sourdough (WHEAT Flour, Starter Culture, WHEAT Gluten, Flour Treatment Agent E300, Enzymes), Salt, Additive (WHEAT Bran, Malt Extract [BARLEY Malt, Water]), Additive (Water, Emulsifier [E471], [E472e]), Yeast, Flour Treatment Agent E300, Enzymes [WHEAT], Enzyme (Amylase) [WHEAT], Preservative: Calcium Propionate E282, WHEAT Malt Flour, Yeast (Saccharomyces Cerevisiae, Emulsifier: E491)

Allergens

- Contains Gluten
- Contains Wheat
- Contains Rye
- Contains Barley
- Contains Sesame

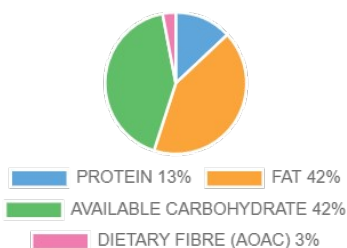
Front of Pack



of an adult's reference intake

Typical values per 100g: 1399kJ/334kcal

Energy Contributions



EU Reference Intakes

Per 100g		RI Quantity	% RI
Energy	kJ	8400	1399 17%
Total Fat	g	70.0	15.4 22%
Saturates	g	20.0	2.3 11%
Carbohydrate	g	260.0	34.9 13%
Sugars	g	90.0	2.1 2%
Protein	g	50.0	11.1 22%
Salt	g	6.0	0.83 14%

