

## Nutrition

	per 100g
Energy	1047kJ/248kcal
Fat	4.9g
of which Saturates	0.8g
Carbohydrate	42g
of which Sugars	0.7g
Fibre	1.6g
Protein	8.3g
Salt	1.1g

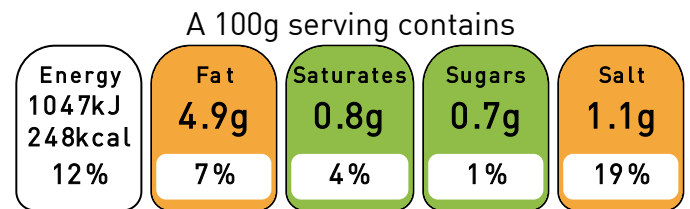
## Ingredient Declaration

WHEAT Flour, Water, SESAME Seeds, Sunflower Oil, WHEAT Gluten, Dried WHEAT Sourdough (WHEAT Flour, Starter Culture, WHEAT Gluten, Flour Treatment Agent E300, Enzymes), Salt, Flour Treatment Agent E300, Enzymes [WHEAT], Preservative: Calcium Propionate E282, WHEAT Malt Flour, Yeast (Saccharomyces Cerevisiae, Emulsifier: E491)

## Allergens

- Contains Gluten
- Contains Wheat
- Contains Sesame

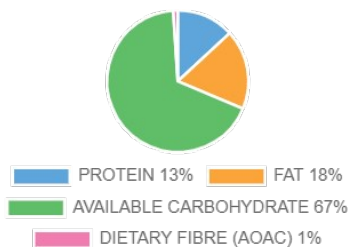
## Front of Pack



of an adult's reference intake

Typical values per 100g: 1047kJ/248kcal

## Energy Contributions



## EU Reference Intakes

Per 100g		RI Quantity	% RI
Energy	kJ	8400	1047 12%
Total Fat	g	70.0	4.9 7%
Saturates	g	20.0	0.8 4%
Carbohydrate	g	260.0	41.8 16%
Sugars	g	90.0	0.7 1%
Protein	g	50.0	8.3 17%
Salt	g	6.0	1.1 19%

