

Nutrition

	per 100g
Energy	1000kJ/236kcal
Fat	2.9g
of which Saturates	0.4g
Carbohydrate	44g
of which Sugars	2.1g
Fibre	2.0g
Protein	7.8g
Salt	1.1g

Ingredient Declaration

WHEAT Flour, Water, Onions, Kibbled (3%), Sunflower Oil, Salt, Dried WHEAT Sourdough (WHEAT Flour, Starter Culture, WHEAT Gluten, Flour Treatment Agent E300, Enzymes), WHEAT Gluten, Flour Treatment Agent E300, Enzymes [WHEAT], Yeast, Enzyme (Amylase) [WHEAT], WHEAT Malt Flour, Yeast (Saccharomyces Cerevisiae, Emulsifier: E491)

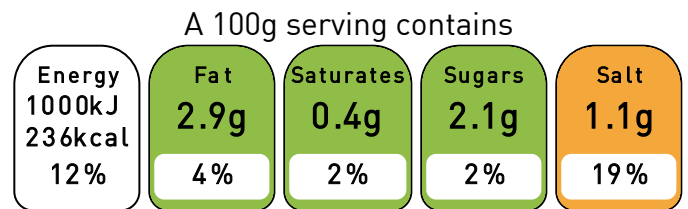
Allergens

Contains Gluten !

Contains Wheat !

Suitable for Vegans and Vegetarians

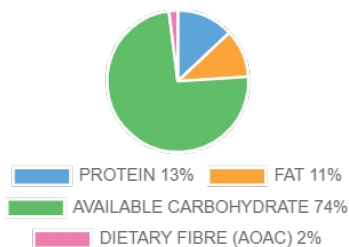
Front of Pack



of an adult's reference intake

Typical values per 100g: 1000kJ/236kcal

Energy Contributions



EU Reference Intakes

Per 100g		RI Quantity	% RI	
Energy	kJ	8400	1000	12%
Total Fat	g	70.0	2.9	4%
Saturates	g	20.0	0.4	2%
Carbohydrate	g	260.0	43.8	17%
Sugars	g	90.0	2.1	2%
Protein	g	50.0	7.8	16%
Salt	g	6.0	1.1	19%

