

## Nutrition

|                    | per 100g       |
|--------------------|----------------|
| Energy             | 1025kJ/242kcal |
| Fat                | 3.7g           |
| of which Saturates | 0.4g           |
| Carbohydrate       | 43g            |
| of which Sugars    | 0.8g           |
| Fibre              | 2.4g           |
| Protein            | 8.4g           |
| Salt               | 1.2g           |

## Ingredient Declaration

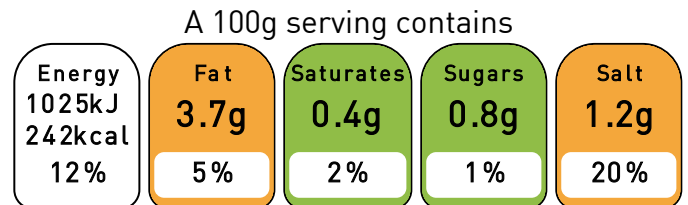
WHEAT Flour, Water, Seed Mix (5%) (Linseed, RYE Malt Flour, WHEAT Bran, Maize Semolina, Coarse Whole Meal OATS, Dried Sourdough (RYE Flour, WHEAT Flour, Starter Culture), WHEAT Gluten, Sunflower Seeds, SESAME, Salt, Malt Extract (BARLEY Malt, Water)), Vegetable Oil, Additive (2%) (WHEAT Bran, Malt Extract (BARLEY Malt, Water)), Flour Treatment Agent E300, Enzymes [WHEAT], Salt, WHEAT Gluten, Dried WHEAT Sourdough (WHEAT Flour, Starter Culture, WHEAT Gluten, Flour Treatment Agent E300, Enzymes), Enzyme (Amylase) [WHEAT], WHEAT Malt Flour, Yeast (Saccharomyces Cerevisiae, Emulsifier: E491)

## Allergens

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

Suitable for Vegans and Vegetarians

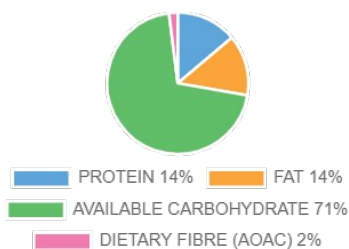
## Front of Pack



of an adult's reference intake

Typical values per 100g: 1025kJ/242kcal

## Energy Contributions



## EU Reference Intakes

| Per 100g     |    | RI Quantity | % RI     |
|--------------|----|-------------|----------|
| Energy       | kJ | 8400        | 1025 12% |
| Total Fat    | g  | 70.0        | 3.7 5%   |
| Saturates    | g  | 20.0        | 0.4 2%   |
| Carbohydrate | g  | 260.0       | 42.7 16% |
| Sugars       | g  | 90.0        | 0.8 1%   |
| Protein      | g  | 50.0        | 8.4 17%  |
| Salt         | g  | 6.0         | 1.2 20%  |

