

## Nutrition

	per 100g
Energy	898kJ/211kcal
Fat	0.9g
of which Saturates	0.2g
Carbohydrate	42g
of which Sugars	0.7g
Fibre	1.5g
Protein	8.3g
Salt	1.0g

## Ingredient Declaration

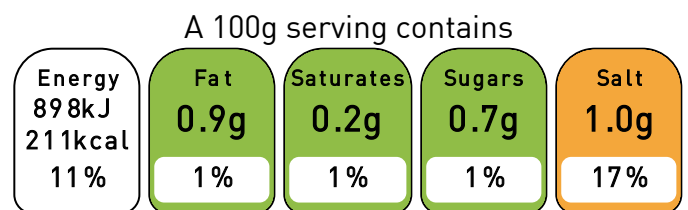
WHEAT Flour, Water, WHEAT Gluten, Dried WHEAT Sourdough (WHEAT Flour, Starter Culture, WHEAT Gluten, Flour Treatment Agent E300, Enzymes), Salt, Anti-Caking Agent E170, Emulsifier E472e, Flour Treatment Agent: E300, Enzymes [WHEAT, SOYBEANS, MILK], Yeast (Saccharomyces Cerevisiae, Emulsifier: E491), WHEAT Malt Flour, Additive (WHEAT Bran, Malt Extract (BARLEY Malt, Water))

## Allergens

- Contains Gluten !
- Contains Wheat !
- Contains Barley !
- Contains Soybeans !
- Contains Milk !

Suitable for Vegans and Vegetarians

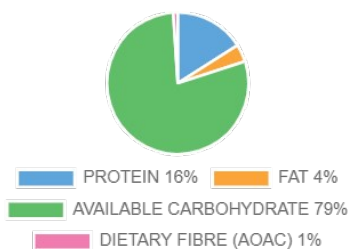
## Front of Pack



of an adult's reference intake

Typical values per 100g: 898kJ/211kcal

## Energy Contributions



## EU Reference Intakes

Per 100g		RI Quantity	% RI
Energy	kJ	8400	898 11%
Total Fat	g	70.0	0.9 1%
Saturates	g	20.0	0.2 1%
Carbohydrate	g	260.0	41.7 16%
Sugars	g	90.0	0.7 1%
Protein	g	50.0	8.3 17%
Salt	g	6.0	1.0 17%

