

Nutrition

	per 100g
Energy	936kJ/221kcal
Fat	2.3g
of which Saturates	0.4g
Carbohydrate	41g
of which Sugars	0.7g
Fibre	1.5g
Protein	8.6g
Salt	0.99g

Ingredient Declaration

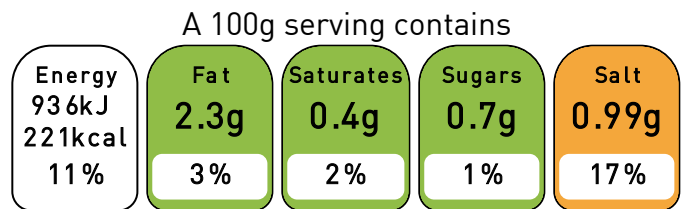
WHEAT Flour, Water, SESAME Seeds, WHEAT Gluten, Dried WHEAT Sourdough (WHEAT Flour, Starter Culture, WHEAT Gluten, Flour Treatment Agent E300, Enzymes), Salt, Anti-Caking Agent E170, Emulsifier E472e, Flour Treatment Agent: E300, Enzymes [WHEAT, SOYBEANS, MILK], Yeast (Saccharomyces Cerevisiae, Emulsifier: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

Allergens

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

Suitable for Vegans and Vegetarians

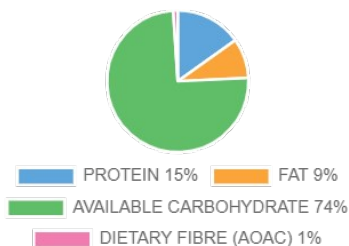
Front of Pack



of an adult's reference intake

Typical values per 100g: 936kJ/221kcal

Energy Contributions



EU Reference Intakes

Per 100g		RI Quantity	% RI	
Energy	kJ	8400	936	11%
Total Fat	g	70.0	2.3	3%
Saturates	g	20.0	0.4	2%
Carbohydrate	g	260.0	40.8	16%
Sugars	g	90.0	0.7	1%
Protein	g	50.0	8.6	17%
Salt	g	6.0	0.99	17%

