

Nutrition

	per 100g
Energy	1116kJ/265kcal
Fat	6.2g
of which Saturates	1.0g
Carbohydrate	41g
of which Sugars	1.9g
Fibre	3.0g
Protein	10g
Salt	0.96g

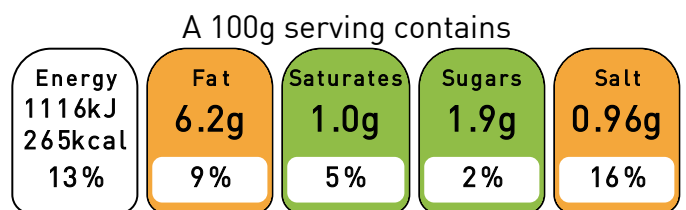
Ingredient Declaration

WHEAT Flour, Water, Pumpkin Seeds (7%), WHEAT Groats [RYE], WHEAT Bran [RYE], Sunflower Oil, WHEAT Gluten, Sugar, Flour Treatment Agent E300, Enzymes [WHEAT], Salt, Additive (Water, Emulsifier (E471), (E472e)), Additive (WHEAT Bran, Malt Extract (BARLEY Malt, Water)), Preservative: Calcium Propionate E282, WHEAT Malt Flour, Yeast (Saccharomyces Cerevisiae, Emulsifier: E491)

Allergens

- Contains Gluten !
- Contains Wheat !
- Contains Rye !
- Contains Barley !

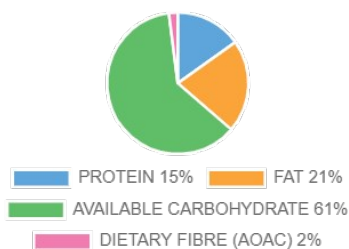
Front of Pack



of an adult's reference intake

Typical values per 100g: 1116kJ/265kcal

Energy Contributions



EU Reference Intakes

Per 100g		RI Quantity	% RI	
Energy	kJ	8400	1116	13%
Total Fat	g	70.0	6.2	9%
Saturates	g	20.0	1.0	5%
Carbohydrate	g	260.0	40.6	16%
Sugars	g	90.0	1.9	2%
Protein	g	50.0	10.1	20%
Salt	g	6.0	0.96	16%

