

Nutrition

	per 100g
Energy	1048kJ/248kcal
Fat	4.0g
of which Saturates	0.6g
Carbohydrate	45g
of which Sugars	3.0g
Fibre	1.6g
Protein	7.7g
Salt	1.0g

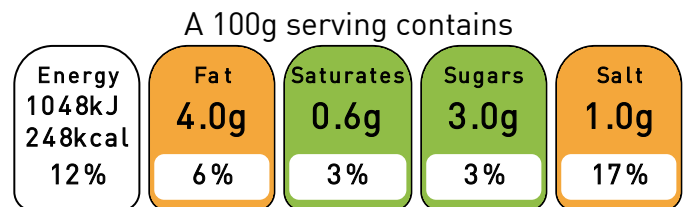
Ingredient Declaration

WHEAT Flour, Water, Sugar, SESAME Seeds, Sunflower Oil, Salt, Yeast (Saccharomyces Cerevisiae, Emulsifier: E491), Flour Treatment Agent E300, Enzymes [WHEAT], Enzyme (Amylase) [WHEAT], Preservative: Calcium Propionate E282

Allergens

- Contains Gluten
- Contains Wheat
- Contains Sesame

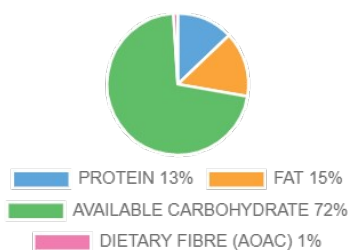
Front of Pack



of an adult's reference intake

Typical values per 100g: 1048kJ/248kcal

Energy Contributions



EU Reference Intakes

Per 100g		RI Quantity	% RI
Energy	kJ	8400	1048 12%
Total Fat	g	70.0	4.0 6%
Saturates	g	20.0	0.6 3%
Carbohydrate	g	260.0	44.6 17%
Sugars	g	90.0	3.0 3%
Protein	g	50.0	7.7 15%
Salt	g	6.0	1.0 17%