

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

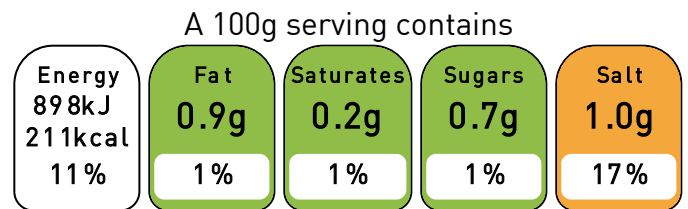
WHEAT Flour, Water, WHEAT Gluten, Dried WHEAT Sourdough (WHEAT Flour, Starter Culture, WHEAT Gluten, Flour Treatment Agent E300, Enzymes), Salt, Anti-Caking Agent E170, Emulsifier E472e, Flour Treatment Agent: E300, Enzymes [WHEAT, SOYBEANS, MILK], Yeast (Saccharomyces Cerevisiae, Emulsifier: E491),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

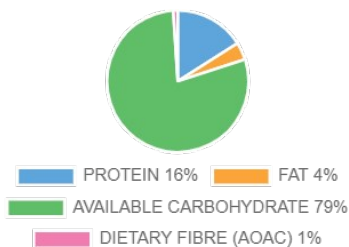
Front of Pack



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% |

