

Nutrition

	per 100g
Energy	1008kJ/238kcal
Fat	3.1g
of which Saturates	0.5g
Carbohydrate	44g
of which Sugars	0.7g
Fibre	1.5g
Protein	7.9g
Salt	1.2g

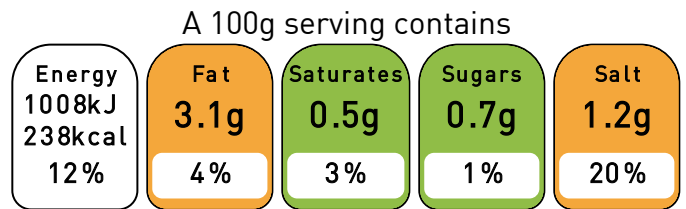
Ingredient Declaration

WHEAT Flour, Water, Sunflower Oil, Salt, WHEAT Gluten, Flour Treatment Agent E300, Enzymes [WHEAT], Additive (Water, Emulsifier [E471], [E472e]), Sourdough (RYE Flour, Water, Starter), Yeast, WHEAT Malt Flour, Yeast [Saccharomyces Cerevisiae, Emulsifier: E491]

Allergens

- Contains Gluten !
- Contains Wheat !
- Contains Rye !
- Suitable for Vegans and Vegetarians

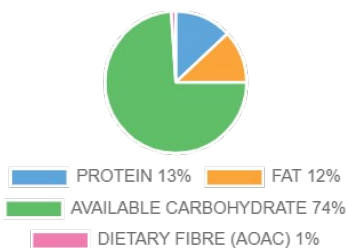
Front of Pack



of an adult's reference intake

Typical values per 100g: 1008kJ/238kcal

Energy Contributions



EU Reference Intakes

Per 100g		RI Quantity	% RI	
Energy	kJ	8400	1008	12%
Total Fat	g	70.0	3.1	4%
Saturates	g	20.0	0.5	3%
Carbohydrate	g	260.0	43.9	17%
Sugars	g	90.0	0.7	1%
Protein	g	50.0	7.9	16%
Salt	g	6.0	1.2	20%

