

## Nutrition

	per 100g	per 133g
Energy	457kJ/108kcal	608kJ/144kcal
Fat	0.8g	1.1g
of which Saturates	0.2g	0.3g
Carbohydrate	17g	22g
of which Sugars	0g	0g
Protein	7.5g	10g
Salt	1.3g	1.7g

## Ingredient Declaration

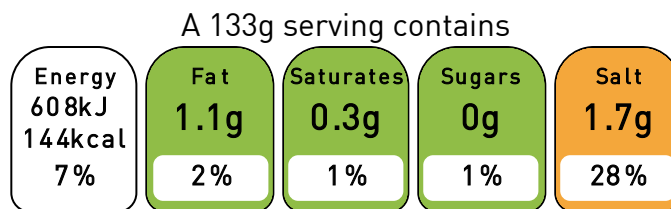
White Flour (With Added Calcium Carbonate, Iron, Niacin And Thiamin) [**Wheat, Rye, Barley, Oats, Spelt**], Water, White **Wheat** Flour [**Rye, Barley, Spelt, Soybeans**], Salt, Bakers Yeast

## Allergens

- Contains Gluten !
- Contains Wheat !
- Contains Rye !
- Contains Barley !
- Contains Oats !
- Contains Spelt !
- Contains Soybeans !

Suitable for Vegans and Vegetarians

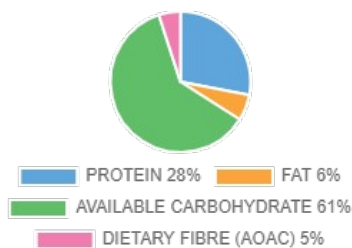
## Front of Pack



of an adult's reference intake

Typical values per 100g: 457kJ/108kcal

## Energy Contributions



## EU Reference Intakes

Per 100g		RI Quantity	% RI
Energy	kJ	8400	457 5%
Total Fat	g	70.0	0.8 1%
Saturates	g	20.0	0.2 1%
Carbohydrate	g	260.0	16.5 6%
Sugars	g	90.0	0.3 0%
Protein	g	50.0	7.5 15%
Salt	g	6.0	1.3 21%