

Nutrition

	per 100g	per 66g
Energy	751kJ/178kcal	495kJ/118kcal
Fat	3.5g	2.3g
of which Saturates	0.6g	0.4g
Carbohydrate	24g	16g
of which Sugars	0.6g	0g
Protein	11g	7.0g
Salt	1.3g	0.83g

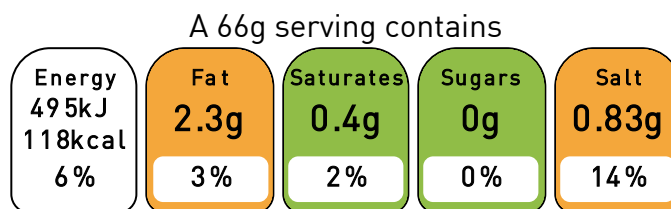
Ingredient Declaration

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

Allergens

- Contains Gluten
 - Contains Wheat
 - Contains Rye
 - Contains Barley
 - Contains Oats
 - Contains Spelt
 - Contains Soybeans
- Suitable for Vegans and Vegetarians

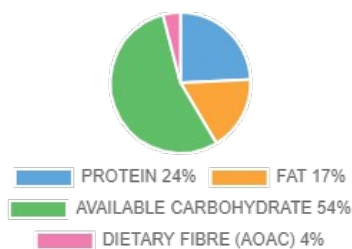
Front of Pack



of an adult's reference intake

Typical values per 100g: 751kJ/178kcal

Energy Contributions



EU Reference Intakes

Per 100g		RI Quantity	% RI
Energy	kJ	8400	751 9%
Total Fat	g	70.0	3.5 5%
Saturates	g	20.0	0.6 3%
Carbohydrate	g	260.0	23.9 9%
Sugars	g	90.0	0.6 1%
Protein	g	50.0	10.7 21%
Salt	g	6.0	1.3 21%