

## Nutrition

	per 100g	per 800g
Energy	275kJ/65kcal	2203kJ/524kcal
Fat	1.4g	11g
of which Saturates	0.9g	7.4g
Carbohydrate	5.2g	42g
of which Sugars	0g	2.5g
Protein	7.0g	56g
Salt	1.3g	10.0g

## Ingredient Declaration

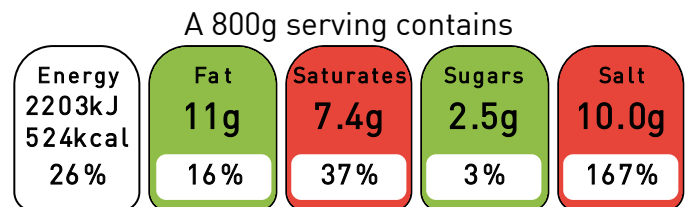
White Flour (With Added Calcium Carbonate, Iron, Niacin And Thiamin) [**Wheat, Rye, Barley, Oats, Spelt**], Water, Salt, Bakers Yeast, Vegetable Oil, **Wheat** (Calcium, Iron, Niacin And Thiamin) [**Rye, Barley, Oats, Spelt**], Emulsifier (E481), **Soya** Flour, Emulsifier (E471) (E472), Flour Treatment (Ascorbic Acid (E300)), Enzymes, Emulsifier (E471) Palm, Colouring - Annatto & Curcumin, Citric Acid, Natural Flavouring

## Allergens

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

Suitable for Vegans and Vegetarians

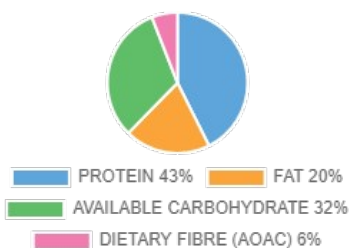
## Front of Pack



of an adult's reference intake

Typical values per 100g: 275kJ/65kcal

## Energy Contributions



## EU Reference Intakes

Per 100g		RI Quantity	% RI
Energy	kJ	8400	275 3%
Total Fat	g	70.0	1.4 2%
Saturates	g	20.0	0.9 5%
Carbohydrate	g	260.0	5.2 2%
Sugars	g	90.0	0.3 0%
Protein	g	50.0	7.0 14%
Salt	g	6.0	1.3 21%