

Nutrition

	per 100g	per 175g
Energy	638kJ/153kcal	1116kJ/267kcal
Fat	7.7g	14g
of which Saturates	7.6g	13g
Carbohydrate	16g	27g
of which Sugars	12g	21g
Protein	3.1g	5.4g
Salt	0.28g	0.50g

Ingredient Declaration

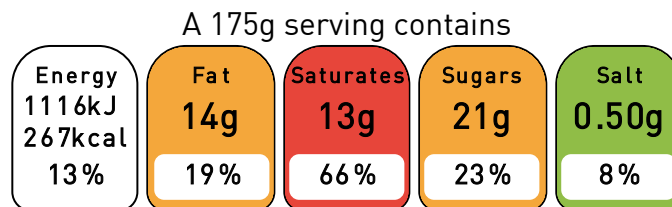
Water, White Flour (With Added Calcium Carbonate, Iron, Niacin And Thiamin) [**Wheat, Rye, Barley, Oats, Spelt**], Apple, Apple (Preservative E220), Palm Fractions, Rapeseed Oil, Sultanas [**Sesame, Sulphites**], Icing Sugar, **Egg**, Granulated Sugar, Glaze, Sugar, Vegetabl Oil, Bakers Yeast, Salt, Emulsifier (E471), Colours (E160b, E100), Dextrose, Modified Starch (E1422), **Wheat** (Calcium, Iron, Niacin And Thiamin) [**Rye, Barley, Oats, Spelt**], Emulsifier (E481), **Soya** Flour, Potassium Sorbate, Flour Treatment (Ascorbic Acid (E300)), Enzymes, Emulsifier (E471) Palm, Colouring - Annatto & Curcumin, Citric Acid (E330), Preservative (E202), Natural Flavouring, Preservative (E223)

Allergens

- Contains Gluten
- Contains Wheat
- Contains Rye
- Contains Barley
- Contains Oats
- Contains Spelt
- Contains Eggs
- Contains Soybeans
- Contains Sesame
- Contains Sulphites

Suitable for Vegetarians

Front of Pack



of an adult's reference intake

Typical values per 100g: 638kJ/153kcal

Energy Contributions

EU Reference Intakes

Per 100g		RI Quantity	% RI	
Energy	kJ	8400	638	8%
Total Fat	g	70.0	7.7	11%
Saturates	g	20.0	7.6	38%
Carbohydrate	g	260.0	15.6	6%
Sugars	g	90.0	12.0	13%
Protein	g	50.0	3.1	6%
Salt	g	6.0	0.28	5%