

Nutrition

| | per 100g | per Apple and Cinnamon Bun |
|--------------------|---------------|----------------------------|
| Energy | 930kJ/221kcal | 1952kJ/465kcal |
| Fat | 6.7g | 14g |
| of which Saturates | 3.0g | 6.2g |
| Carbohydrate | 32g | 67g |
| of which Sugars | 17g | 35g |
| Protein | 6.3g | 13g |
| Salt | 0.54g | 1.1g |

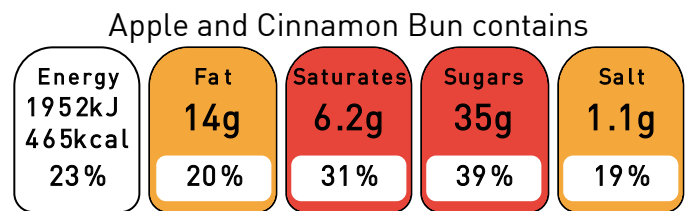
Ingredient Declaration

White Flour (With Added Calcium Carbonate, Iron, Niacin And Thiamin) [**Wheat, Rye, Barley, Oats, Spelt**], **Milk**, Caster Sugar, Apple, **Egg**, Cinnamon, Palm, Sugar, Granulated Sugar, Bakers Yeast, Rapeseed, Sweetened Condensed **Milk** (**Milk**, Sugar), Palm Fat, Glucose Syrup (Preservative Sulphur Dioxide) [**Sulphites**], Emulsifier (E471) (E472), Salt, **Wheat** (Calcium, Iron, Niacin And Thiamin) [**Rye, Barley, Oats, Spelt**], Emulsifier (E481), **Soya** Flour, Flour Treatment (Ascorbic Acid (E300)), Enzymes, Potassium Sorbate, Rapeseed Oil, Colour, (Curcumin, Annatto Bixin), Emulsifier, (**Soya** Lecithin), Emulsifier (E471), Flavouring (E160b Annatto, E100 Curcumin), Citric Acid, Preservative (E223)

Allergens

| | | | |
|--------------------------|---|--------------------|---|
| Contains Gluten | ! | Contains Eggs | ! |
| Contains Wheat | ! | Contains Soybeans | ! |
| Contains Rye | ! | Contains Milk | ! |
| Contains Barley | ! | Contains Sulphites | ! |
| Contains Oats | ! | | |
| Contains Spelt | ! | | |
| Suitable for Vegetarians | | | |

Front of Pack



of an adult's reference intake

Typical values per 100g: 930kJ/221kcal

Energy Contributions

EU Reference Intakes

| Per 100g | | RI Quantity | % RI |
|--------------|----|-------------|----------|
| Energy | kJ | 8400 | 930 11% |
| Total Fat | g | 70.0 | 6.7 10% |
| Saturates | g | 20.0 | 3.0 15% |
| Carbohydrate | g | 260.0 | 31.9 12% |
| Sugars | g | 90.0 | 16.7 19% |
| Protein | g | 50.0 | 6.3 13% |
| Salt | g | 6.0 | 0.54 9% |

