

Nutrition

	per 100g	per 197.5g
Energy	821kJ/196kcal	1622kJ/386kcal
Fat	6.7g	13g
of which Saturates	8.0g	16g
Carbohydrate	30g	60g
of which Sugars	26g	51g
Protein	2.6g	5.0g
Salt	0.56g	1.1g

Ingredient Declaration

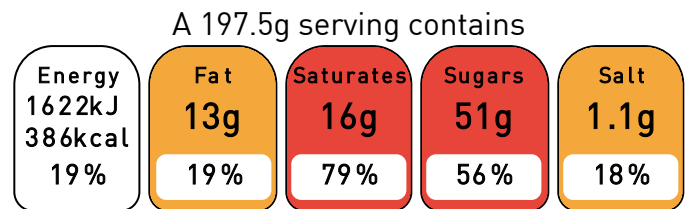
Water, White Flour (With Added Calcium Carbonate, Iron, Niacin And Thiamin) [**Wheat, Rye, Barley, Oats, Spelt**], Granulated Sugar, Sultanas [**Sesame, Sulphites**], Vegetable Oil, Mixed Spice, Salt, Bakers Yeast, **Wheat** (Calcium, Iron, Niacin And Thiamin) [**Rye, Barley, Oats, Spelt**], Emulsifier (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 Soybeans !
- Contains Wheat ! Contains Sesame !
- Contains Rye ! Contains Sulphites !
- Contains Barley !
- Contains Oats !
- Contains Spelt !

Suitable for Vegans and Vegetarians

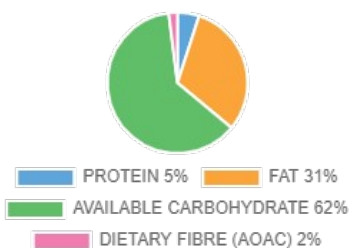
Front of Pack



of an adult's reference intake

Typical values per 100g: 821kJ/196kcal

Energy Contributions



EU Reference Intakes

Per 100g		RI Quantity	% RI	
Energy	kJ	8400	821	10%
Total Fat	g	70.0	6.7	10%
Saturates	g	20.0	8.0	40%
Carbohydrate	g	260.0	30.4	12%
Sugars	g	90.0	25.7	29%
Protein	g	50.0	2.6	5%
Salt	g	6.0	0.56	9%