

Nutrition

	per 100g	per 120g
Energy	1470kJ/353kcal	1764kJ/424kcal
Fat	18g	22g
of which Saturates	4.9g	5.8g
Carbohydrate	44g	52g
of which Sugars	26g	31g
Protein	3.7g	4.4g
Salt	0.07g	0.09g

Ingredient Declaration

Wheat Flour [Calcium, Iron, Niacin And Thiamin] [Rye, Barley, Oats, Spelt], Sugar, Water, Rapeseed Oil, Carrots Grated, Sultanas [Sesame, Sulphites], Palm Oil, Whey Powder [Milk], Modified Maize Starch, Whole Egg Powder, Mixed Spice, Whey Powder Concentrate [Milk], Salt, Milk Protein, Raising Agents (E501, E450), Emulsifier (E475), Cinnamon, Xanthum Gum (E415), Emulsifier [Soya Lecithin], Acididty Regulator [Citric Acid], Natural Flavouring

Allergens

- Contains Gluten

Contains Wheat

Contains Rye

Contains Barley

Contains Oats

Contains Spelt

Suitable for Vegetarians
- Contains Eggs

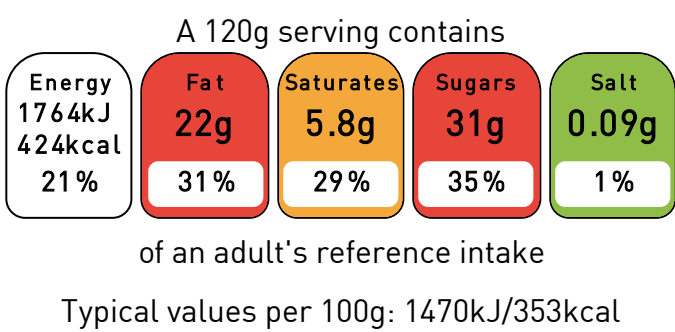
Contains Soybeans

Contains Milk

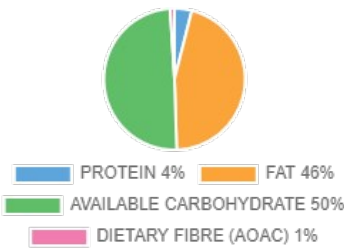
Contains Sesame

Contains Sulphites

Front of Pack



Energy Contributions



EU Reference Intakes

Per 100g		RI Quantity		% RI
Energy	kJ	8400	1470	17%
Total Fat	g	70.0	18.0	26%
Saturates	g	20.0	4.9	24%
Carbohydrate	g	260.0	43.7	17%
Sugars	g	90.0	26.2	29%
Protein	g	50.0	3.7	7%
Salt	g	6.0	0	1%