

## Nutrition

	per 100g	per Chelsea bun
Energy	795kJ/190kcal	1033kJ/247kcal
Fat	9.3g	12g
of which Saturates	3.3g	4.3g
Carbohydrate	18g	23g
of which Sugars	9.1g	12g
Protein	7.7g	10g
Salt	0.62g	0.81g

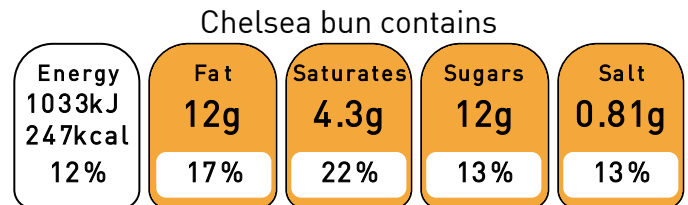
## Ingredient Declaration

White Flour (With Added Calcium Carbonate, Iron, Niacin And Thiamin) [**Wheat, Rye, Barley, Oats, Spelt**], **Milk, Egg**, Palm, Caster Sugar, Granulated Sugar, Bakers Yeast, Sultanas [**Sesame, Sulphites**], Rapeseed Oil, Currants, Rapeseed, Emulsifier (E471) (E472), Cinnamon, Salt, **Wheat** (Calcium, Iron, Niacin And Thiamin) [**Rye, Barley, Oats, Spelt**], Emulsifier (E481), **Soya** Flour, Flour Treatment (Ascorbic Acid (E300)), Enzymes, Emulsifier (E471), Flavouring (E160b Annatto, E100 Curcumin), Citric Acid

## 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

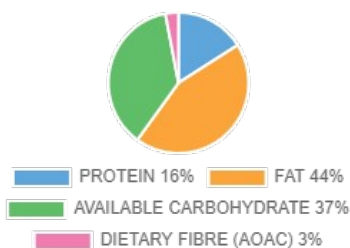
## Front of Pack



of an adult's reference intake

Typical values per 100g: 795kJ/190kcal

## Energy Contributions



## EU Reference Intakes

Per 100g		RI Quantity	% RI
Energy	kJ	8400	795 9%
Total Fat	g	70.0	9.3 13%
Saturates	g	20.0	3.3 17%
Carbohydrate	g	260.0	17.7 7%
Sugars	g	90.0	9.1 10%
Protein	g	50.0	7.7 15%
Salt	g	6.0	0.62 10%

