

## Nutrition

	per 100g	per Muffin
Energy	1580kJ/391kcal	2607kJ/645kcal
Fat	20g	32g
of which Saturates	3.8g	6.2g
Carbohydrate	47g	77g
of which Sugars	26g	43g
Protein	4.1g	6.8g
Salt	0.02g	0.03g

## Ingredient Declaration

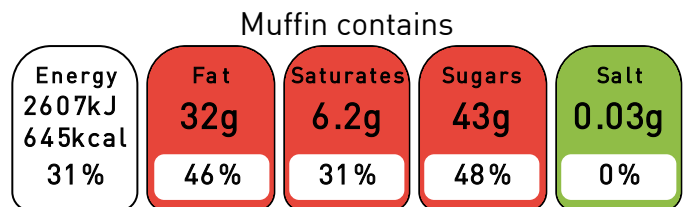
**Wheat** Flour [Calcium, Iron, Niacin And Thiamin] [**Rye, Barley, Oats, Spelt**], Sugar, Water, Rapeseed Oil, Cocoa Mass, Raspberries, Modified Maize Starch, Whole **Egg** Powder, Caster Sugar, Sugar Nibs, Cocoa Butter, Whey Powder [**Milk**], Salt, **Milk** Protein, Raising Agents (E501, E450), Emulsifier (E475), Xanthum Gum (E415), Emulsifier: **Soya** Lecithin, Natural Vanilla Flavouring, Modified Starch [**Wheat**], Citric Acid, Preservative Potassium Sorbate (E202)

## Allergens

- Contains Gluten ! Contains Eggs !
- Contains Wheat ! Contains Soybeans !
- Contains Rye ! Contains Milk !
- Contains Barley !
- Contains Oats !
- Contains Spelt !

Suitable for Vegetarians

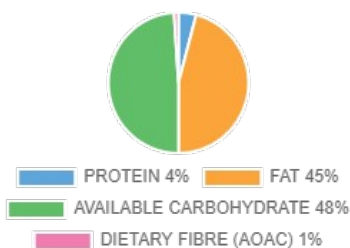
## Front of Pack



of an adult's reference intake

Typical values per 100g: 1580kJ/391kcal

## Energy Contributions



## EU Reference Intakes

Per 100g		RI Quantity	% RI	
Energy	kJ	8400	1580	19%
Total Fat	g	70.0	19.5	28%
Saturates	g	20.0	3.8	19%
Carbohydrate	g	260.0	46.9	18%
Sugars	g	90.0	26.2	29%
Protein	g	50.0	4.1	8%
Salt	g	6.0	0	0%