

Nutrition

	per 100g	per 174g
Energy	779kJ/188kcal	1355kJ/327kcal
Fat	15g	27g
of which Saturates	10g	18g
Carbohydrate	3.8g	6.6g
of which Sugars	1.1g	2.0g
Protein	7.4g	13g
Salt	0.71g	1.2g

Ingredient Declaration

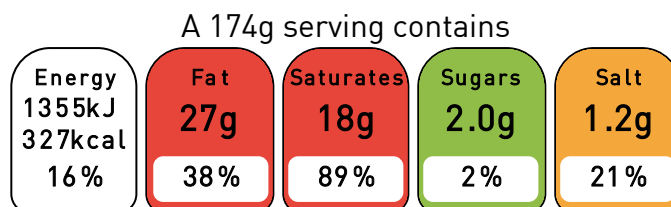
White Flour (With Added Calcium Carbonate, Iron, Niacin And Thiamin) [**Wheat, Rye, Barley, Oats, Spelt**], Tomato, Cheddar Cheese Slices [**Milk**], Water, Tomatoes, Palm, Palm Fractions, Rapeseed Oil, Rapeseed, Oregano, Mixed Herbs [**Celery, Mustard, Lupin**], Salt, Colours (E160b, E100), Basil, Onion, Garlic, Pepper, Emulsifier (E471), Flavouring (E160b Annatto, E100 Curcumin), Acidity Regulator (Citric Acid)

Allergens

Contains Gluten	!	Contains Milk	!
Contains Wheat	!	Contains Celery	!
Contains Rye	!	Contains Mustard	!
Contains Barley	!	Contains Lupin	!
Contains Oats	!		
Contains Spelt	!		

Suitable for Vegetarians

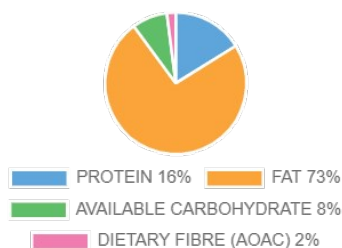
Front of Pack



of an adult's reference intake

Typical values per 100g: 779kJ/188kcal

Energy Contributions



EU Reference Intakes

Per 100g		RI Quantity	% RI
Energy	kJ	8400	779 9%
Total Fat	g	70.0	15.3 22%
Saturates	g	20.0	10.2 51%
Carbohydrate	g	260.0	3.8 1%
Sugars	g	90.0	1.1 1%
Protein	g	50.0	7.4 15%
Salt	g	6.0	0.71 12%