

Nutrition

	per 100g	per 379g
Energy	523kJ/125kcal	1983kJ/474kcal
Fat	6.6g	25g
of which Saturates	2.7g	10g
Carbohydrate	7.2g	27g
of which Sugars	0g	1.1g
Protein	8.4g	32g
Salt	1.2g	4.7g

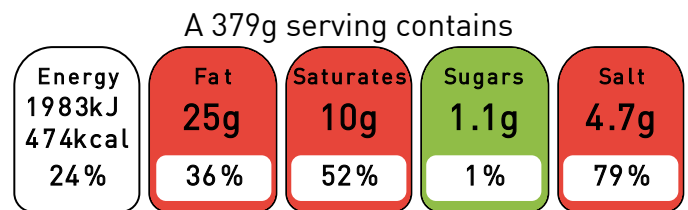
Ingredient Declaration

White Flour (With Added Calcium Carbonate, Iron, Niacin And Thiamin) [Wheat, Rye, Barley, Oats, Spelt], Water, Bacon, Chicken, Rusk [Wheat], Beef Fat, Pork, Vegetable Starch, Vegetable Oil (Rapeseed, Palm Oil), Wheat Flour (Calcium Carbonate, Iron, Niacin, Dextrose, Stabiliser E451) [Rye, Barley, Oats, Spelt], Salt, Bakers Yeast, Vegetable Oil, Dextrose, Buttermilk, Flavour Enhancer [E621], Wheat (Calcium, Iron, Niacin And Thiamin) [Rye, Barley, Oats, Spelt], Emulsifier [E481], Soya Flour, Emulsifier [E471] [E472], Flour Treatment (Ascorbic Acid [E300]), Enzymes, Preservative: Sodium Sulphite [E221], Emulsifier (Mono & Diglycerides Of Fatty Acids), Preservative (Potassium Sorbate), Emulsifier [E471] Palm, Antioxidant [E300], Hydrolysed Vegetable Protein (Soya), Colours (Annatto Bixin, Curcumin), Colouring - Annatto & Curcumin, Spice Extracts, Vegetable Oil, Citric Acid, Lactic Acid, Flavouring, Natural Flavouring

Allergens

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

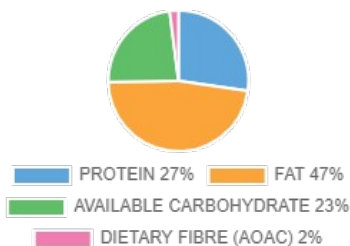
Front of Pack



of an adult's reference intake

Typical values per 100g: 523kJ/125kcal

Energy Contributions



EU Reference Intakes

Per 100g		RI Quantity	% RI
Energy	kJ	8400	523 6%
Total Fat	g	70.0	6.6 9%
Saturates	g	20.0	2.7 14%
Carbohydrate	g	260.0	7.2 3%
Sugars	g	90.0	0.3 0%
Protein	g	50.0	8.4 17%
Salt	g	6.0	1.2 21%