

## Nutrition

	per 100g	per Baguette
Energy	1129kJ/269kcal	2823kJ/672kcal
Fat	9.5g	24g
of which Saturates	5.0g	13g
Carbohydrate	31g	77g
of which Sugars	2.2g	5.4g
Protein	14g	36g
Salt	0.90g	2.2g

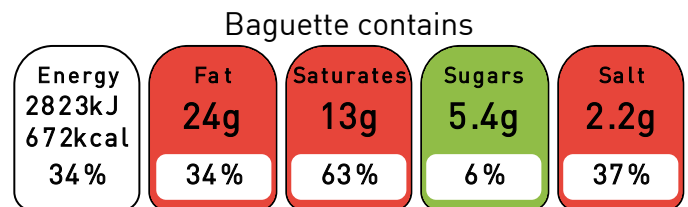
## Ingredient Declaration

Wheat Flour [Rye, Barley, Oats, Spelt, Eggs, Sesame], Ham, Cheddar Cheese Slices [Milk], Water, Vegetable Oil (Rapeseed, Palm Oil), Yeast, Wheat Gluten, Malted Wheat Flour [Rye, Barley, Oats], Buttermilk, Emulsifier ( Mono & Diglycerides Of Fatty Acids), Preservative (Potassium Sorbate), Flour Treatment Agent (Ascorbic Acid), Salt, Colours (Annatto Bixin, Curcumin), Lactic Acid, Flavouring

## Allergens

Contains Gluten	!	Contains Eggs	!
Contains Wheat	!	Contains Milk	!
Contains Rye	!	Contains Sesame	!
Contains Barley	!		
Contains Oats	!		
Contains Spelt	!		

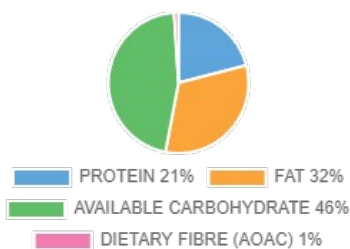
## Front of Pack



of an adult's reference intake

Typical values per 100g: 1129kJ/269kcal

## Energy Contributions



## EU Reference Intakes

Per 100g		RI Quantity	% RI	
Energy	kJ	8400	1129	13%
Total Fat	g	70.0	9.5	14%
Saturates	g	20.0	5.0	25%
Carbohydrate	g	260.0	30.8	12%
Sugars	g	90.0	2.2	2%
Protein	g	50.0	14.2	28%
Salt	g	6.0	0.90	15%