

Nutrition

	per 100g	per 145g
Energy	909kJ/219kcal	1317kJ/318kcal
Fat	17g	25g
of which Saturates	10g	15g
Carbohydrate	1.7g	2.5g
of which Sugars	0g	0g
Protein	14g	21g
Salt	1.6g	2.3g

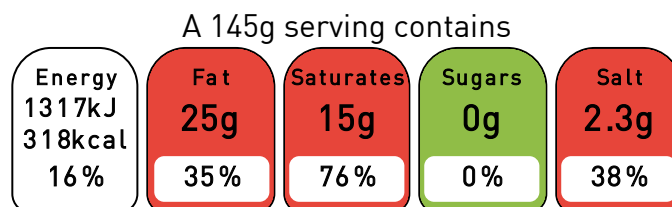
Ingredient Declaration

Bacon Rashers, Back, Fat Trimmed, Raw, White Flour (With Added Calcium Carbonate, Iron, Niacin And Thiamin) [**Wheat, Rye, Barley, Oats, Spelt**], Cheddar Cheese Slices [**Milk**], Water, Glaze, Palm, Palm Fractions, Rapeseed Oil, Rapeseed, Salt, Colours (E160b, E100), Emulsifier (E471), Flavouring (E160b Annatto, E100 Curcumin)

Allergens

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

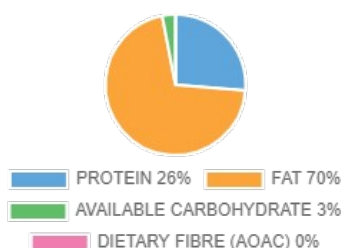
Front of Pack



of an adult's reference intake

Typical values per 100g: 909kJ/219kcal

Energy Contributions



EU Reference Intakes

Per 100g		RI Quantity	% RI
Energy	kJ	8400	11%
Total Fat	g	70.0	24%
Saturates	g	20.0	52%
Carbohydrate	g	260.0	1%
Sugars	g	90.0	0%
Protein	g	50.0	28%
Salt	g	6.0	26%