








Nutrition

	per 100g	per 140g
Energy	670kJ/161kcal	937kJ/225kcal
Fat	11g	15g
of which Saturates	7.1g	9.9g
Carbohydrate	9.9g	14g
of which Sugars	0.9g	1.2g
Protein	5.5g	7.7g
Salt	1.1g	1.5g

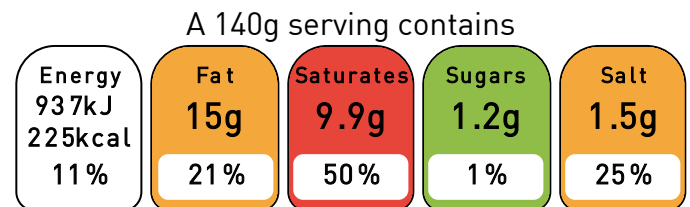
Ingredient Declaration

Water, White Flour (With Added Calcium Carbonate, Iron, Niacin And Thiamin) [**Wheat, Rye, Barley, Oats, Spelt**], Palm, Palm Fractions, Rapeseed Oil, Salt, Rusk [**Wheat, Rye, Barley, Oats, Spelt**], Soya, Non Hydrogenated Vegetable Fat, **Wheat** Flour (Added Calcium, Iron, Niacin, Thiamin) [**Rye, Barley, Oats, Spelt**], Glaze, Rapeseed, Bread Crumb [**Wheat, Rye, Barley, Oats, Spelt**], Spice, Yeast Extract, Herbs, Dried Onion, Sugar, Colours (E160b, E100), Herb Extract, Spice Extract, Colours (Paprika Extract, Beetroot Extract), Dextrose, Maltodextrin, Stabiliser (E464), Emulsifier (E471), Flavouring (E160b Annatto, E100 Curcumin)

Allergens

- Contains Gluten  Contains Soybeans 
 - Contains Wheat 
 - Contains Rye 
 - Contains Barley 
 - Contains Oats 
 - Contains Spelt 
- Suitable for Vegans and Vegetarians

Front of Pack



of an adult's reference intake

Typical values per 100g: 670kJ/161kcal

Energy Contributions

EU Reference Intakes

Per 100g		RI Quantity	% RI	
Energy	kJ	8400	670	8%
Total Fat	g	70.0	10.5	15%
Saturates	g	20.0	7.1	35%
Carbohydrate	g	260.0	9.9	4%
Sugars	g	90.0	0.9	1%
Protein	g	50.0	5.5	11%
Salt	g	6.0	1.1	18%