

## Nutrition

	per 100g	per 725g
Energy	863kJ/204kcal	6256kJ/1476kcal
Fat	5.5g	40g
of which Saturates	3.0g	22g
Carbohydrate	5.3g	38g
of which Sugars	1.2g	8.9g
Protein	7.5g	54g
Salt	0.60g	4.4g

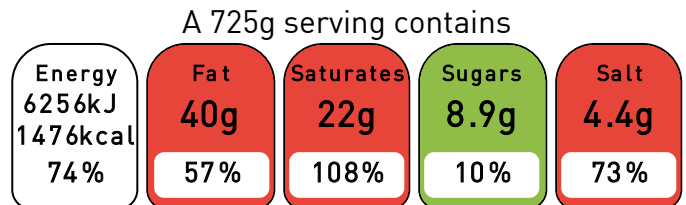
## Ingredient Declaration

White Flour (With Added Calcium Carbonate, Iron, Niacin And Thiamin) [**Wheat, Rye, Barley, Oats, Spelt**], Water, Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Vegetable Oil (Sunflower), Herb, Pasteurised Cows **Milk**, Rocket, Mushrooms, Skimmed **Milk**, Garlic, Vegetable Oil (Palm Oil), **Milk**, Butter [**Milk**], Modified Starch (Waxy Maize), Whey Protein [**Milk**], Salt, Granulated Sugar, Rapeseed Oil, Bakers Yeast, **Wheat** (Calcium, Iron, Niacin And Thiamin) [**Rye, Barley, Oats, Spelt**], Emulsifier (E481), **Soya** Flour, Anti Caking Agent (E535), Rennet, Flour Treatment (Ascorbic Acid (E300)), Enzymes, Preservative (Lysozyme Egg's Protein), Emulsifier (**Soya** Lecithin E322), Lactic Starter [**Milk**]

## Allergens

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

## Front of Pack



of an adult's reference intake

Typical values per 100g: 863kJ/204kcal

## Energy Contributions

## 5 a Day

A 725g serving...

does not qualify  
under rules

