

Nutrition

	per 100g
Energy	1028kJ/225kcal
Fat	1.1g
of which Saturates	0.2g
Carbohydrate	50g
of which Sugars	46g
Protein	7.9g
Salt	0.13g

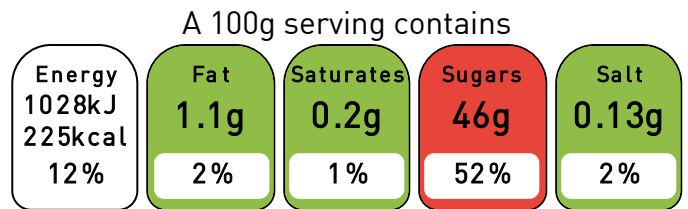
Ingredient Declaration

Wheat Flour [Rye, Barley, Oats, Spelt, Soybeans, Milk], Water, Yeast, Salt, Flour Treatment And Enzymes (E300) [Wheat, Rye, Barley, Spelt, Soybeans, Milk]

Allergens

- Contains Gluten
- Contains Wheat
- Contains Rye
- Contains Barley
- Contains Oats
- Contains Spelt
- Suitable for Vegetarians
- Contains Soybeans
- Contains Milk
- Contains Molluscs

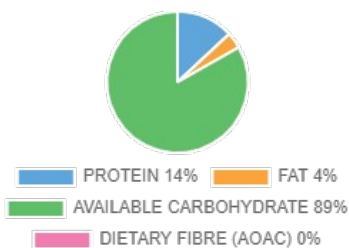
Front of Pack



of an adult's reference intake

Typical values per 100g: 1028kJ/225kcal

Energy Contributions



5 a Day

A 100g serving provides...

NO PORTIONS of your five-a-day

