

## Nutrition

	per 100g	per 112g
Energy	935kJ/220kcal	1048kJ/246kcal
Fat	1.8g	2.0g
of which Saturates	0.6g	0.6g
Carbohydrate	9.5g	11g
of which Sugars	1.1g	1.2g
Protein	6.9g	7.7g
Salt	1.4g	1.6g

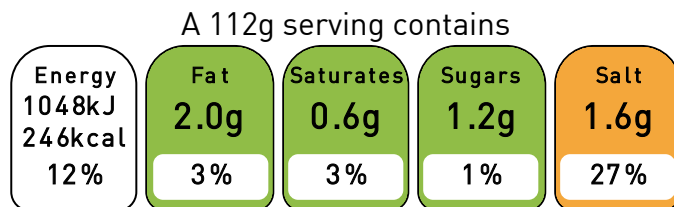
## Ingredient Declaration

White Flour (With Added Calcium Carbonate, Iron, Niacin And Thiamin) [**Wheat, Rye, Barley, Oats, Spelt**], Water, Malted **Wheat [Rye, Barley, Oats, Spelt]**, **Wheat [Rye, Barley, Oats, Spelt]**, Bakers Yeast, Salt, **Wheat Bran [Rye, Barley, Oats, Spelt]**, Roasted **Barley [Wheat, Rye, Oats, Spelt]**, Rapeseed Oil, Palm Fractions, **Soya Flour [Wheat, Rye, Barley, Oats, Spelt]**, Acidity Regulator E170 [**Wheat, Rye, Barley, Oats, Spelt, Soybeans**], Emulsifiers: E472e: E481, Emulsifier (E471), Colours (E160b, E100), **Wheat Flour [Rye, Barley, Oats, Spelt, Soybeans]**, Flour Treatment Agent E300, Enzymes

## Allergens

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

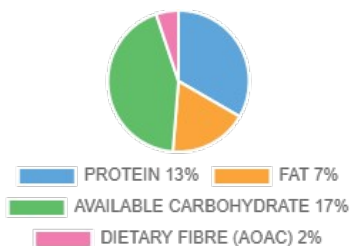
## Front of Pack



of an adult's reference intake

Typical values per 100g: 935kJ/220kcal

## Energy Contributions



## 5 a Day

A 112g serving provides...

**NO PORTIONS** of your five-a-day

