

Nutrition

	per 100g	per 600g
Energy	1036kJ/243kcal	6217kJ/1460kcal
Fat	0.8g	4.9g
of which Saturates	0.2g	1.2g
Carbohydrate	17g	99g
of which Sugars	0g	2.0g
Protein	7.5g	45g
Salt	1.4g	8.5g

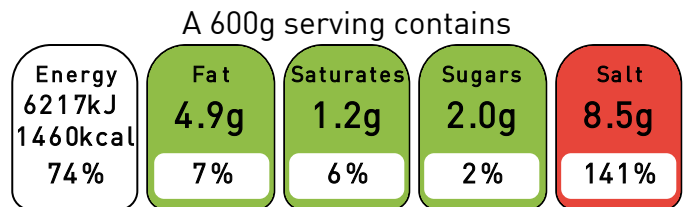
Ingredient Declaration

White Flour (With Added Calcium Carbonate, Iron, Niacin And Thiamin) [**Wheat, Rye, Barley, Oats, Spelt**], Water, White **Wheat** Flour [**Rye, Barley, Spelt, Soybeans**], Salt, Bakers Yeast

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: 1036kJ/243kcal

Energy Contributions

5 a Day

A 600g serving provides...

NO PORTIONS of your five-a-day

