

## Nutrition

	per 100g	per Baguette
Energy	553kJ/133kcal	1604kJ/385kcal
Fat	8.0g	23g
of which Saturates	4.3g	12g
Carbohydrate	6.1g	18g
of which Sugars	1.3g	3.8g
Protein	8.3g	24g
Salt	1.0g	3.0g

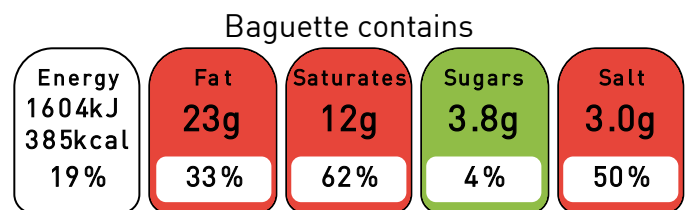
## Ingredient Declaration

White Flour [With Added Calcium Carbonate, Iron, Niacin And Thiamin] [**Wheat, Rye, Barley, Oats, Spelt**], Water, Cheddar Cheese Slices [**Milk**], Tomato, Cucumber, Lettuce, Onions, Malted **Wheat** [**Rye, Barley, Oats, Spelt**], Vegetable Oil (Rapeseed, Palm Oil), **Wheat** [**Rye, Barley, Oats, Spelt**], Bakers Yeast, Salt, **Wheat** Bran [**Rye, Barley, Oats, Spelt**], Roasted **Barley** [**Wheat, Rye, Oats, Spelt**], Rapeseed Oil, Buttermilk, Palm Fractions, **Wheat** [Calcium, Iron, Niacin And Thiamin] [**Rye, Barley, Oats, Spelt**], Emulsifier (E481), **Soya** Flour, Emulsifier (E471), Colours (E160b, E100), Flour Treatment (Ascorbic Acid (E300)), Enzymes, Emulsifier ( Mono & Diglycerides Of Fatty Acids), Preservative (Potassium Sorbate), Colours (Annatto Bixin, Curcumin), Lactic Acid, Flavouring

## Allergens

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

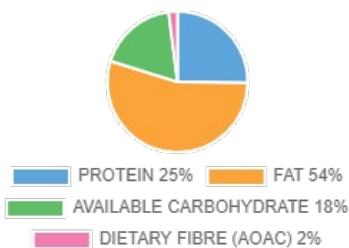
## Front of Pack



of an adult's reference intake

Typical values per 100g: 553kJ/133kcal

## Energy Contributions



## EU Reference Intakes

Per 100g		RI Quantity	% RI
Energy	kJ	8400	553 7%
Total Fat	g	70.0	8.0 11%
Saturates	g	20.0	4.3 21%
Carbohydrate	g	260.0	6.1 2%
Sugars	g	90.0	1.3 1%
Protein	g	50.0	8.3 17%
Salt	g	6.0	1.0 17%