

Nutrition

	per 100g	per 235g
Energy	526kJ/126kcal	1237kJ/297kcal
Fat	7.1g	17g
of which Saturates	3.9g	9.1g
Carbohydrate	3.7g	8.8g
of which Sugars	0g	1.0g
Protein	11g	26g
Salt	1.4g	3.3g

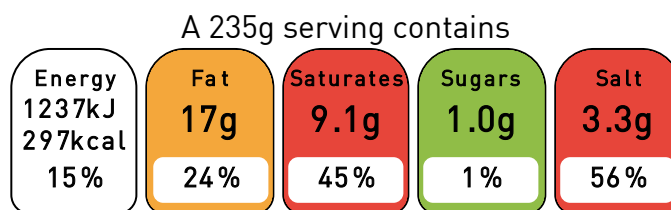
Ingredient Declaration

White Flour (With Added Calcium Carbonate, Iron, Niacin And Thiamin) [**Wheat, Rye, Barley, Oats, Spelt**], Water, Ham, Cheddar Cheese Slices [**Milk**], Vegetable Oil (Rapeseed, Palm Oil), Salt, Bakers Yeast, Vegetabl Oil, Butter**milk, Wheat** (Calcium, Iron, Niacin And Thiamin) [**Rye, Barley, Oats, Spelt**], Emulsifier (E481), **Soya** Flour, Emulsifier (E471) (E472), Flour Treatment (Ascorbic Acid (E300)), Enzymes, Emulsifier (Mono & Diglycerides Of Fatty Acids), Preservative (Potassium Sorbate), Emulsifier (E471) Palm, Colours (Annatto Bixin, Curcumin), Colouring - Annatto & Curcumin, Citric Acid, Lactic Acid, Flavouring, Natural Flavouring

Allergens

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

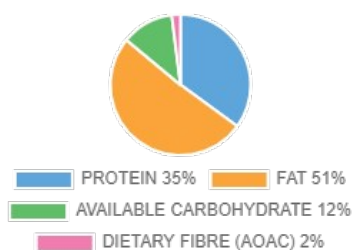
Front of Pack



of an adult's reference intake

Typical values per 100g: 526kJ/126kcal

Energy Contributions



EU Reference Intakes

Per 100g		RI Quantity	% RI
Energy	kJ	8400	526 6%
Total Fat	g	70.0	7.1 10%
Saturates	g	20.0	3.9 19%
Carbohydrate	g	260.0	3.7 1%
Sugars	g	90.0	0.4 0%
Protein	g	50.0	11.1 22%
Salt	g	6.0	1.4 24%