

Nutrition

	per 100g	per 220g
Energy	462kJ/110kcal	1017kJ/242kcal
Fat	4.6g	10g
of which Saturates	0.7g	1.5g
Carbohydrate	7.9g	17g
of which Sugars	1.4g	3.0g
Protein	8.5g	19g
Salt	0.97g	2.1g

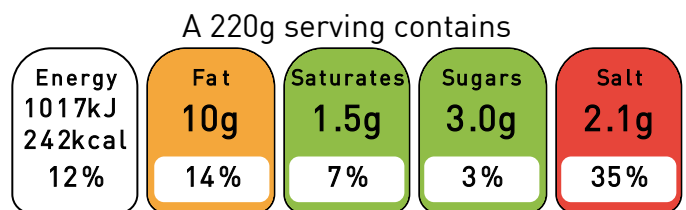
Ingredient Declaration

White Flour (With Added Calcium Carbonate, Iron, Niacin And Thiamin) [**Wheat, Rye, Barley, Oats, Spelt**], Water, Chicken Pieces (Chicken Breast, Water, Salt), Mayonaise (Water, Rapeseed Oil, Sugar, Modified Maize Starch), Lettuce, 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, **Egg** Yolk Powder (Pastuerised **Egg** Yolk Powder, Salt, Maltodextrin), **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, Stabilisers:P Xanthum Gum, Guar Guar., Preservatives: Acetic Acid, Potassium Sorbate)

Allergens

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

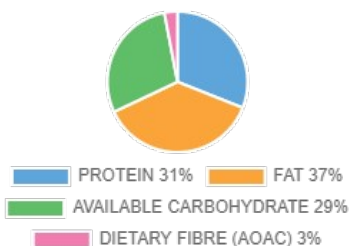
Front of Pack



of an adult's reference intake

Typical values per 100g: 462kJ/110kcal

Energy Contributions



EU Reference Intakes

Per 100g		RI Quantity	% RI
Energy	kJ	8400	462 6%
Total Fat	g	70.0	4.6 7%
Saturates	g	20.0	0.7 3%
Carbohydrate	g	260.0	7.9 3%
Sugars	g	90.0	1.4 2%
Protein	g	50.0	8.5 17%
Salt	g	6.0	0.97 16%