

## Nutrition

	per 100g	per 70g
Energy	453kJ/108kcal	317kJ/76kcal
Fat	5.0g	3.5g
of which Saturates	2.0g	1.4g
Carbohydrate	6.9g	4.8g
of which Sugars	1.2g	0.8g
Protein	7.7g	5.4g
Salt	1.0g	0.73g

## Ingredient Declaration

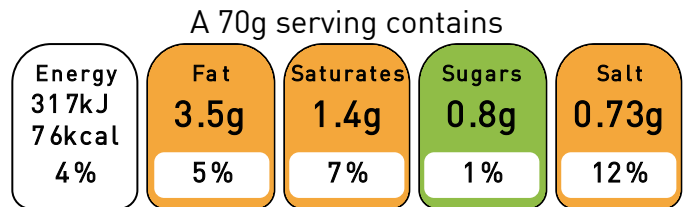
White Flour (With Added Calcium Carbonate, Iron, Niacin And Thiamin) [**Wheat, Rye, Barley, Oats, Spelt**], Water, Palm, Bakers Yeast, Rapeseed, Salt, Sugar, **Wheat** (Calcium, Iron, Niacin And Thiamin) [**Rye, Barley, Oats, Spelt**], Emulsifier (E481), **Soya** Flour, Emulsifier (E471) (E472), Flour Treatment (Ascorbic Acid (E300)), Enzymes, Emulsifier (E471), Flavouring (E160b Annatto, E100 Curcumin), Citric Acid

## Allergens

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

Suitable for Vegans and Vegetarians

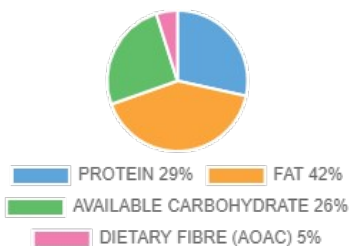
## Front of Pack



of an adult's reference intake

Typical values per 100g: 453kJ/108kcal

## Energy Contributions



## EU Reference Intakes

Per 100g		RI Quantity	% RI
Energy	kJ	8400	453 5%
Total Fat	g	70.0	5.0 7%
Saturates	g	20.0	2.0 10%
Carbohydrate	g	260.0	6.9 3%
Sugars	g	90.0	1.2 1%
Protein	g	50.0	7.7 15%
Salt	g	6.0	1.0 17%