110500 - Full Corn Rye Loaf 1.2kg x 1

Nutrition

	per 100g
Energy	981kJ/232kcal
Fat	3.6g
of which Saturates	0.5g
Carbohydrate	39g
of which Sugars	1.0g
Fibre	7.5g
Protein	6.9g
Salt	1.3g

Ingredient Declaration

RYE Flour (41%) (RYE Flour, Wheat Bran), Water, WHEAT Flour, Seed Mix (5%) (Linseed, RYE Malt Flour, WHEAT Bran, Maize Semolina, Coarse Whole Meal OATS, Dried Sourdough (RYE Flour, WHEAT Flour, Starter Culture), WHEAT Gluten, Sunflower Seeds, SESAME, Salt, Malt Extract (BARLEY Malt, Water)), Grain Mix (5%) (Sunflower Seeds, Oat Flakes, Millet Flour, BARLEY Flour, Maize Grits, Pregelatinized WHEAT Flour, Roasted WHEAT Malt Flour, Palm Oil, Oat GrOATS, WHEAT Gluten, Malt Extract (BARLEY Malt, Water), Whey Powder, Pregelatinized RYE Flour, Dextrose, Flour Treatment Agent E300, Enzymes) (MILK), Sourdough (1%) (RYE Flour, Water, Starter), Malt Extract (BARLEY Malt, Water), Sunflower Oil, Salt, WHEAT Gluten, Yeast (Saccharomyces Cerevisiae, Emulsifier: E491)

Allergens

Contains Gluten !
Contains Wheat !
Contains Rye !
Contains Barley !
Contains Oats !
Contains Milk !
Contains Sesame !

Suitable for Vegans and Vegetarians

Front of Pack

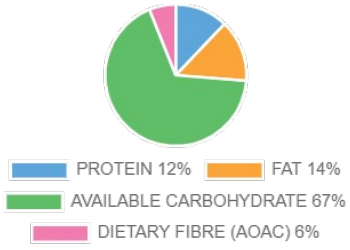
A 100g serving contains

Energy	Fat	Saturates	Sugars	Salt
981kJ 232kcal 12%	3.6g 5%	0.5g 3%	1.0g 1%	1.3g 22%

of an adult's reference intake

Typical values per 100g: 981kJ/232kcal

Energy Contributions



EU Reference Intakes

Per 100g		RI Quantity		% RI
Energy	kJ	8400	981	12%
Total Fat	g	70.0	3.6	5%
Saturates	g	20.0	0.5	3%
Carbohydrate	g	260.0	39.1	15%
Sugars	g	90.0	1.0	1%
Protein	g	50.0	6.9	14%
Salt	g	6.0	1.3	22%