130064 - Pk Wholemeal 4" Bun 75g x 3

Nutrition

	per 100g
Energy	1032kJ/244kcal
Fat	3.1g
of which Saturates	0.5g
Carbohydrate	43g
of which Sugars	1.9g
Fibre	3.3g
Protein	8.9g
Salt	0.99g

Ingredient Declaration

WHEAT Flour, Water, OAT Flakes, WHEAT Groats [RYE] (3%), WHEAT Bran [RYE] (3%), Sunflower Oil, WHEAT Gluten, Sugar, Flour Treatment Agent E300, Enzymes [WHEAT], Salt, Additive (Water, Emulsifier (E471), (E472e)), Additive (0%) (WHEAT Bran, Malt Extract (BARLEY Malt, Water)), Preservative: Calcium Propionate E282, WHEAT Malt Flour, Yeast (Saccharomyces Cerevisiae, Emulsifier: E491)

Allergens

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

Front of Pack

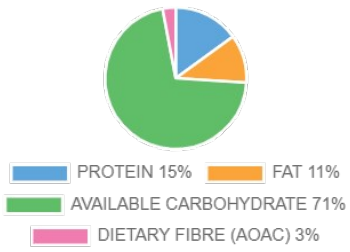
A 100g serving contains

Energy	Fat	Saturates	Sugars	Salt
1032kJ 244kcal 12%	3.1g 4%	0.5g 3%	1.9g 2%	0.99g 17%

of an adult's reference intake

Typical values per 100g: 1032kJ/244kcal

Energy Contributions



EU Reference Intakes

Per 100g		RI Quantity		% RI
Energy	kJ	8400	1032	12%
Total Fat	g	70.0	3.1	4%
Saturates	g	20.0	0.5	3%
Carbohydrate	g	260.0	43.2	17%
Sugars	g	90.0	1.9	2%
Protein	g	50.0	8.9	18%
Salt	g	6.0	0.99	16%