130412 - Pk Wholemeal & Oats Bun 110g x 1

Nutrition

	per 100g
Energy	1022kJ/242kcal
Fat	3.1g
of which Saturates	0.5g
Carbohydrate	43g
of which Sugars	1.9g
Fibre	3.1g
Protein	8.8g
Salt	1.0g

Ingredient Declaration

WHEAT Flour, Water, WHEAT Groats [RYE] (3%), WHEAT Bran [RYE] (3%), OAT Flakes (2%), 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

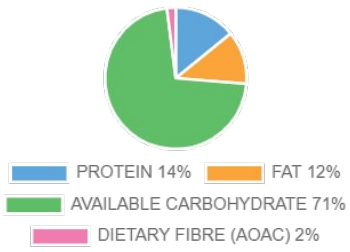
A 100g serving contains

Energy	Fat	Saturates	Sugars	Salt
1022kJ 242kcal 12%	3.1g 4%	0.5g 3%	1.9g 2%	1.0g 17%

of an adult's reference intake

Typical values per 100g: 1022kJ/242kcal

Energy Contributions



EU Reference Intakes

Per 100g		RI Quantity		% RI
Energy	kJ	8400	1022	12%
Total Fat	g	70.0	3.1	4%
Saturates	g	20.0	0.5	3%
Carbohydrate	g	260.0	43.0	17%
Sugars	g	90.0	1.9	2%
Protein	g	50.0	8.8	18%
Salt	g	6.0	1.0	17%