130480 - Pk Sunflower Bun 110g x 1

Nutrition

	per 100g
Energy	1043kJ/247kcal
Fat	4.0g
of which Saturates	0.6g
Carbohydrate	42g
of which Sugars	2.0g
Fibre	3.1g
Protein	8.9g
Salt	1.0g

Ingredient Declaration

WHEAT Flour, Water, WHEAT Groats [RYE], WHEAT Bran [RYE], Sunflower Seeds (2%), Sunflower Oil, WHEAT Gluten, Sugar, Flour Treatment Agent E300, Enzymes [WHEAT], Salt, Additive (Water, Emulsifier (E471), (E472e)), Additive (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 !

Front of Pack

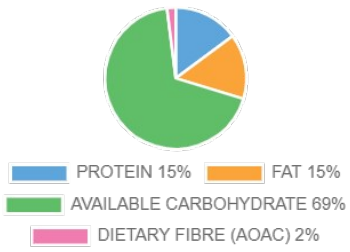
A 100g serving contains

Energy	Fat	Saturates	Sugars	Salt
1043kJ 247kcal	4.0g	0.6g	2.0g	1.0g
12%	6%	3%	2%	17%

of an adult's reference intake

Typical values per 100g: 1043kJ/247kcal

Energy Contributions



EU Reference Intakes

Per 100g		RI Quantity		% RI
Energy	kJ	8400	1043	12%
Total Fat	g	70.0	4.0	6%
Saturates	g	20.0	0.6	3%
Carbohydrate	g	260.0	42.2	16%
Sugars	g	90.0	2.0	2%
Protein	g	50.0	8.9	18%
Salt	g	6.0	1.0	17%