Nutrition

	per 100g
Energy	1324kJ/315kcal
Fat	11g
of which Saturates	1.5g
Carbohydrate	40g
of which Sugars	3.3g
Fibre	4.9g
Protein	11g
Salt	0.71g

Ingredient Declaration

WHEAT Flour, Water, Linseed (5%), Sunflower Seeds (5%), SOYA Grains (4%), Grain Mix (3%) (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], Sunflower Oil, Malted RYE Flakes (3%), Sugar, Kibbled RYE Kernels (2%), Pumpkin Seeds (2%), SESAME Seeds (1%), Salt, Yeast, Flour Treatment Agent E300, Enzymes [WHEAT], Additive (WHEAT Bran, Malt Extract (BARLEY Malt, Water)), Additive (Water, Emulsifier (E471), (E472e)), Preservative: Calcium Propionate E282, WHEAT Malt Flour

Allergens

- Contains Gluten
- Contains Wheat
- Contains Rye
- Contains Barley
- Contains Oats
- Contains Soybeans
- Contains Milk
- Contains Sesame

Front of Pack

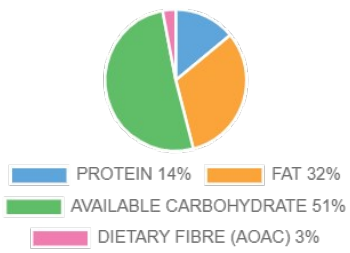
A 100g serving contains

Energy	Fat	Saturates	Sugars	Salt
1324kJ 315kcal	11g	1.5g	3.3g	0.71g
16%	16%	8%	4%	12%

of an adult's reference intake

Typical values per 100g: 1324kJ/315kcal

Energy Contributions



EU Reference Intakes

Per 100g			RI Quantity	% RI
Energy	kJ	8400	1324	16%
Total Fat	g	70.0	11.2	16%
Saturates	g	20.0	1.5	8%
Carbohydrate	g	260.0	40.2	15%
Sugars	g	90.0	3.3	4%
Protein	g	50.0	10.8	22%
Salt	g	6.0	0.71	12%