130650 - Pk Ciabatta w/Pumpkin Seeds 125g x 1

Nutrition

	per 100g
Energy	1079kJ/256kcal
Fat	6.3g
of which Saturates	1.0g
Carbohydrate	39g
of which Sugars	0.9g
Fibre	2.2g
Protein	9.7g
Salt	1.2g

Ingredient Declaration

WHEAT Flour, Water, Pumpkin Bread Mix (19%) (WHEAT Flour, Dried WHEAT Sourdough (WHEAT Flour, Starter Culture), Pumpkin Seeds, Salt, RYE Flour, Dried RYE Sourdough (RYE Flour, Starter Culture), WHEAT Gluten, BARLEY Flour, Spices, Dextrose, Flour Treatment Agent E300, Enzymes), Pumpkin Seeds (7%), Vegetable Oil, Flour Treatment Agent E300, Enzymes [WHEAT], Yeast (Saccharomyces Cerevisiae, Emulsifier: E491), Salt

Allergens

Contains Gluten !
Contains Wheat !
Contains Rye !
Contains Barley !
Suitable for Vegans and Vegetarians

Front of Pack

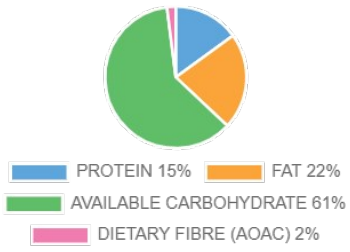
A 100g serving contains

Energy	Fat	Saturates	Sugars	Salt
1079kJ 256kcal 13%	6.3g 9%	1.0g 5%	0.9g 1%	1.2g 20%

of an adult's reference intake

Typical values per 100g: 1079kJ/256kcal

Energy Contributions



EU Reference Intakes

Per 100g		RI Quantity		% RI
Energy	kJ	8400	1079	13%
Total Fat	g	70.0	6.3	9%
Saturates	g	20.0	1.0	5%
Carbohydrate	g	260.0	38.9	15%
Sugars	g	90.0	0.9	1%
Protein	g	50.0	9.7	19%
Salt	g	6.0	1.2	20%