130722 - Pk Hot Cross Bun 75g x 1

Nutrition

	per 100g
Energy	1150kJ/272kcal
Fat	5.1g
of which Saturates	2.9g
Carbohydrate	49g
of which Sugars	14g
Fibre	1.9g
Protein	6.4g
Salt	0.93g

Ingredient Declaration

WHEAT Flour, Water, Sultana, Butter (Cream (MILK)), Sugar, Mixed Peel (Candied Lemon And Orange Peel), Salt, Yeast (Saccharomyces Cerevisiae, Emulsifier: E491, Flour Treatment Agent: E300), Emulsifier E481, Acidity Regulators (E170, E341), WHEAT Malt Flour, Enzymes, Flour Treatment Agent E300, Allspice

Allergens

Contains Gluten !
Contains Wheat !
Contains Milk !
Suitable for Vegetarians

Front of Pack

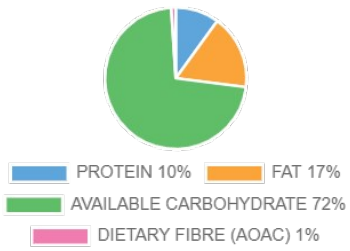
A 100g serving contains

Energy	Fat	Saturates	Sugars	Salt
1150kJ 272kcal	5.1g	2.9g	14g	0.93g
14%	7%	14%	15%	15%

of an adult's reference intake

Typical values per 100g: 1150kJ/272kcal

Energy Contributions



EU Reference Intakes

Per 100g		RI Quantity		% RI
Energy	kJ	8400	1150	14%
Total Fat	g	70.0	5.1	7%
Saturates	g	20.0	2.9	14%
Carbohydrate	g	260.0	49.3	19%
Sugars	g	90.0	13.7	15%
Protein	g	50.0	6.4	13%
Salt	g	6.0	0.93	15%