Nutrition

	per 100g
Energy	1052kJ/249kcal
Fat	4.1g
of which Saturates	0.6g
Carbohydrate	44g
of which Sugars	3.0g
Fibre	1.6g
Protein	7.7g
Salt	1.0g

Ingredient Declaration

WHEAT Flour, Water, Black SESAME Seeds, Sugar, Sunflower Oil, Salt, Yeast (Saccharomyces Cerevisiae, Emulsifier: E491), Flour Treatment Agent E300, Enzymes [WHEAT], Enzyme (Amylase) [WHEAT], Preservative: Calcium Propionate E282

Allergens

Contains Gluten !
Contains Wheat !
Contains Sesame !

Front of Pack

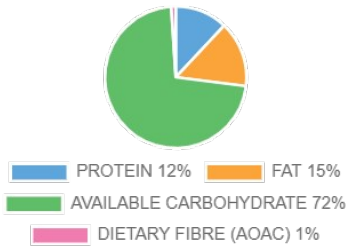
A 100g serving contains

Energy	Fat	Saturates	Sugars	Salt
1052kJ 249kcal 13%	4.1g 6%	0.6g 3%	3.0g 3%	1.0g 17%

of an adult's reference intake

Typical values per 100g: 1052kJ/249kcal

Energy Contributions



EU Reference Intakes

Per 100g		RI Quantity		% RI
Energy	kJ	8400	1052	13%
Total Fat	g	70.0	4.1	6%
Saturates	g	20.0	0.6	3%
Carbohydrate	g	260.0	44.4	17%
Sugars	g	90.0	3.0	3%
Protein	g	50.0	7.7	15%
Salt	g	6.0	1.0	17%