Nutrition

	per 100g
Energy	898kJ/211kcal
Fat	0.9g
of which Saturates	0.2g
Carbohydrate	42g
of which Sugars	0.7g
Fibre	1.5g
Protein	8.3g
Salt	1.0g

Ingredient Declaration

WHEAT Flour, Water, WHEAT Gluten, Dried WHEAT Sourdough (WHEAT Flour, Starter Culture, WHEAT Gluten, Flour Treatment Agent E300, Enzymes), Salt, Anti-Caking Agent E170, Emulsifier E472e, Flour Treatment Agent: E300, Enzymes [WHEAT, SOYBEANS, MILK], Yeast (Saccharomyces Cerevisiae, Emulsifier: E491), WHEAT Malt Flour, Additive (WHEAT Bran, Malt Extract (BARLEY Malt, Water))

Allergens

Contains Gluten !
Contains Wheat !
Contains Barley !
Contains Soybeans !
Contains Milk !
Suitable for Vegans and Vegetarians

Front of Pack

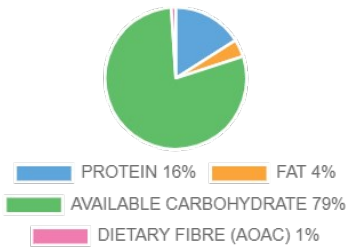
A 100g serving contains

Energy	Fat	Saturates	Sugars	Salt
898kJ 211kcal 11%	0.9g 1%	0.2g 1%	0.7g 1%	1.0g 17%

of an adult's reference intake

Typical values per 100g: 898kJ/211kcal

Energy Contributions



EU Reference Intakes

Per 100g		RI Quantity		% RI
Energy	kJ	8400	898	11%
Total Fat	g	70.0	0.9	1%
Saturates	g	20.0	0.2	1%
Carbohydrate	g	260.0	41.7	16%
Sugars	g	90.0	0.7	1%
Protein	g	50.0	8.3	17%
Salt	g	6.0	1.0	17%