135230 - PBx180 Poppy White Bun 40g

Nutrition

	per 100g
Energy	1072kJ/254kcal
Fat	5.1g
of which Saturates	0.7g
Carbohydrate	43g
of which Sugars	0.8g
Fibre	2.5g
Protein	8.1g
Salt	1.1g

Ingredient Declaration

WHEAT Flour, Water, Poppy Seeds (5%), Sunflower Oil, Salt, Yeast (Saccharomyces Cerevisiae, Emulsifier: E491), Flour Treatment Agent E300, Enzymes [WHEAT], Enzyme (Amylase) [WHEAT], Preservative: Calcium Propionate E282, WHEAT Malt Flour

Allergens

Contains Gluten

Contains Wheat

Front of Pack

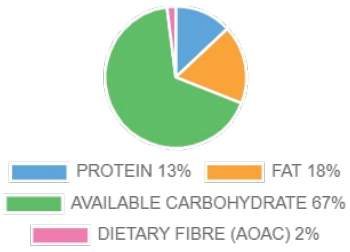
A 100g serving contains

Energy	Fat	Saturates	Sugars	Salt
1072kJ 254kcal 13%	5.1g 7%	0.7g 4%	0.8g 1%	1.1g 19%

of an adult's reference intake

Typical values per 100g: 1072kJ/254kcal

Energy Contributions



EU Reference Intakes

Per 100g		RI Quantity		% RI
Energy	kJ	8400	1072	13%
Total Fat	g	70.0	5.1	7%
Saturates	g	20.0	0.7	4%
Carbohydrate	g	260.0	42.6	16%
Sugars	g	90.0	0.8	1%
Protein	g	50.0	8.1	16%
Salt	g	6.0	1.1	19%