135552 - PBx48 Ftira tal-Malti Seeded 150g

Nutrition

	per 100g
Energy	939kJ/222kcal
Fat	2.1g
of which Saturates	0.4g
Carbohydrate	42g
of which Sugars	0.7g
Fibre	1.5g
Protein	8.1g
Salt	1.0g

Ingredient Declaration

WHEAT Flour, Water, SESAME Seeds, Dried WHEAT Sourdough (WHEAT Flour, Starter Culture, WHEAT Gluten, Flour Treatment Agent E300, Enzymes), Salt, WHEAT Gluten, Yeast, WHEAT Malt Flour

Allergens

Contains Gluten !
Contains Wheat !
Contains Sesame !
Suitable for Vegans and Vegetarians

Front of Pack

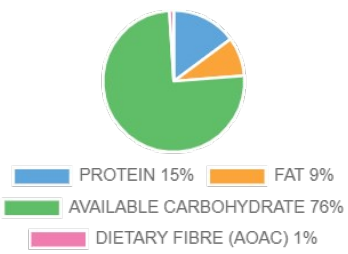
A 100g serving contains

Energy	Fat	Saturates	Sugars	Salt
939kJ 222kcal 11%	2.1g 3%	0.4g 2%	0.7g 1%	1.0g 17%

of an adult's reference intake

Typical values per 100g: 939kJ/222kcal

Energy Contributions



EU Reference Intakes

Per 100g		RI Quantity		% RI
Energy	kJ	8400	939	11%
Total Fat	g	70.0	2.1	3%
Saturates	g	20.0	0.4	2%
Carbohydrate	g	260.0	41.9	16%
Sugars	g	90.0	0.7	1%
Protein	g	50.0	8.1	16%
Salt	g	6.0	1.0	17%