

# TRADITIONAL *Crumpets*

## 6 TRADITIONAL CRUMPETS

### INGREDIENTS

Fortified Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, Yeast, Raising Agents: Diphosphate, Potassium Hydrogen Carbonate; Salt, Preservative: Potassium Sorbate

### ALLERGY ADVICE

For allergens, including cereals containing gluten, see ingredients in **bold**

### NUTRITIONAL INFORMATION

Typical Values	Per 100g	Per Crumpet	% RI Per Crumpet
<b>ENERGY</b>	<b>763KJ/359Kcal</b>	<b>359KJ/85Kcal</b>	<b>4%</b>
<b>FAT</b>	<b>0.7g</b>	<b>0.35g</b>	<b>&lt;1%</b>
<b>OF WHICH SATURATES</b>	<b>0.2g</b>	<b>0.1g</b>	<b>&lt;1%</b>
<b>CARBOHYDRATES</b>	<b>36.7g</b>	<b>17.2g</b>	<b>7%</b>
<b>OF WHICH SUGARS</b>	<b>1.3g</b>	<b>0.6g</b>	<b>&lt;1%</b>
<b>FIBRE</b>	<b>2.6g</b>	<b>1.2g</b>	
<b>PROTEIN</b>	<b>5.5g</b>	<b>2.6g</b>	<b>5%</b>
<b>SALT</b>	<b>1.13g</b>	<b>0.5g</b>	<b>8%</b>

### EACH CRUMPET (47g) CONTAINS

ENERGY	FAT	SATURATES	SUGARS	SALT
<b>359KJ 85Kcal</b>	<b>0.35g</b>	<b>0.1g</b>	<b>0.6g</b>	<b>0.5g</b>
<b>4%</b>	<b>&lt;1%</b>	<b>&lt;1%</b>	<b>&lt;1%</b>	<b>8%</b>

Typical vaules per 100g: Energy 763KJ/359Kcal

