

CLASSIC WHOLEMEAL

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INGREDIENTS

Wholemeal **Wheat** Flour, Water, Yeast, Salt, **Wheat** Gluten, Emulsifier; Mono- and Diglycerides of Fatty Acid, Fortified Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin Thiamin), Emulsifier; Mono- and Diactyltartaric Acid Ester of Mono- and Diglycerides of Fatty Acids, Preservative: Calcium Propionate, Rapeseed Oil, **Soya** Flour

ALLERGY ADVICE

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

NUTRITIONAL INFORMATION

Typical Values	Per 100g	Per Slice	% RI Per Slice
ENERGY	937KJ/222Kcal	394KJ/93Kcal	5%
FAT	1.7g	0.7g	1%
OF WHICH SATURATES	0.6g	0.3g	1%
CARBOHYDRATES	38.4g	16.1g	6%
OF WHICH SUGARS	1.6g	0.7g	1%
FIBRE	7.5g	3.2g	
PROTEIN	9.5g	4.0g	8%
SALT	0.92g	0.39g	6%

EACH SLICE (42g) CONTAINS

ENERGY	FAT	SATURATES	SUGARS	SALT
394KJ 93Kcal	0.7g	0.3g	0.7g	0.39g
5%	1%	1%	1%	6%

Typical vaules per 100g: Energy 937KJ/222Kcal

