

List of ingredients	Ingredients: wholegrain <b>wheat</b> flour (43%), <b>wheat</b> gluten, pumpkin seeds chopped (19%), extra virgin olive oil, <b>sesame seeds</b> (5%), linseeds (4%), yeast, sea salt, <b>barley</b> malt extract.
	May contain traces of milk products.
	For allergens, including cereals containing gluten, see ingredients in bold.

Average nutritional values according to Regulation (EU) No 1169/2011	Average nutritional values	per 100g	per portion 19g	% per portion*** 19g	This pack contains 8 servings.
	Energy	1911 kJ	364 kJ	4 %	
	Energy	456 kcal	87 kcal	4 %	
	Fat	20 g	3,8 g	5 %	
	of which				
	saturates	3,5 g	0,7 g	4 %	
	Carbohydrate	31 g	5,9 g	2 %	
	of which sugars	1,4 g	<0,5 g	<1%	
	Fibre	8,2 g	1,6 g		
	Protein	34 g	6,5 g	13 %	
	Salt	1,9 g	0,36 g	6 %	
	***= Reference intake of an average adult (8 400 kJ/2 000 kcal)				

Allergens according to Regulation (EU) No 1169/2011	Allergens	included	not included	may contain traces of
	Cereals containing gluten and products thereof	x		
	Crustaceans and products thereof		x	
	Eggs and products thereof		x	
	Fish and products thereof		x	
	Peanuts and products thereof		x	
	Soybeans and products thereof		x	
	Milk and products thereof (including lactose)			x
	Nuts and products thereof		x	
	Celery and products thereof		x	
	Mustard and products thereof		x	
	Sesame seeds and products thereof	x		
	Sulphur dioxide and sulphites > 10 mg/kg		x	
	Lupin and products thereof		x	
	Molluscs and products thereof		x	