

WHEAT gluten, flax seeds (brown, golden), water, vegetable protein (9%) (SOY, WHEAT), SOY flour, SOYBEANS, graham WHEAT flour, OAT fibre, SESAME, sunflower seeds, RYE bran, yeast, salt, BARLEY malt; acidity regulator: sodium diacetate; flour treatment: l-cysteine; preservative: potassium sorbate.

Allergens:

Wheat

Soy

Oat

Rye

Barley

Sesame

May contain traces of lupin and mustard.

This product is not suitable for Milk, Egg and Rye allergy sufferers.

 Nutrition

	PER 100G	PER BAGEL
<b>ENERGY</b>	1143Kj 275Kcal	858Kj 206Kcal
<b>FAT</b>	11.9g	9g
<b>of which saturates</b>	1.7g	1.3g
<b>CARBOHYDRATE</b>	1.8g	1.4g
<b>of which sugars</b>	1.2g	0.9g
<b>PROTEIN</b>	31.9g	23.9g
<b>FIBRE</b>	16g	12g
<b>SALT</b>	1.48g	1.11g