

## Ingredients

Rye flour, wheat flour, water, sugar, salt, weat yeast, malt extract, caraway seeds.

## Allergens

gluten

## **Nutritional value (100g)**

| Energy value       | 263,00 Kcal |
|--------------------|-------------|
| Fat                | 0,86 g      |
| Of which saturates | 0,12 g      |
| Carbohydrate       | 52,95 g     |
| Of which sugars    | 2,01 g      |
| Fiber              | 4,45 g      |
| Protein            | 5,70 g      |
| Salt               | 0,03 g      |