



## Ingredients

**Seed mix 32 % (sunflower seeds, sprouted RYE grains, flaxseed), RYE flour, water, WHEAT flour, sugar, yeast, RYE malt flour, salt, thickener: guar gum; preservative: sorbic acid; antioxidant: ascorbic acid.**

## Allergens

gluten, eggs

### Nutritional value (100g)

Energy value	297,00 Kcal
Fat	9,8 g
Of which saturates	1,1 g
Carbohydrate	39,00 g
Of which sugars	5,8 g
Fiber	8,9 g
Protein	8,5 g
Salt	0,8 g