



Ingredients

Rye flour 50%, wheat flour 50%, water, sugar, rye malt, baker's yeast, malt extract, caraway seeds, salt.

Allergens

Contains: cereals containing gluten (rye, wheat).

Nutritional information

Per 100 g

Energy	1037 kJ / 244 kcal
Fat	0,88 g
of which saturates	0,11 g
Carbohydrate	52,52 g
of which sugars	4,03 g
Fibre	7,78 g
Protein	6,59 g
Salt	0,24 g