Ingredients

RYE flour 59%, water, sugar, yeast, malted RYE flour, salt, 0.9%, thickener: guar gum; emulsifier: E481.

Allergens

Contains: rye (gluten).

Nutritional information	**Per 100 g**
Energy	984 kJ / 234 kcal
Fat	0,9 g
of which saturates	0,5 g
Carbohydrate	48 g
of which sugars	3,8 g
Fibre	7 g
Protein	5,3 g
Salt	0,9 g