



Ingredients

Rye flour 57%, wheat flour 43%, 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	978 kJ / 230 kcal
Fat	0,90 g
of which saturates	0,12 g
Carbohydrate	49,29 g
of which sugars	2,18 g
Fibre	4,31 g
Protein	6,28 g
Salt	0,29 g