Ingredients

RYE flour, WHEAT flour, water, RYE malt (100% RYE), sugar, natural sourdough, yeast, iodised salt, BARLEY malt extract, caraway seeds.

Allergens

Contains: cereals containing gluten (rye, wheat, barley).

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