Ingredients

RYE flour 42.5% (RYE flour 90.6%, wholegrain RYE flour 9.4%), WHEAT flour, water, sugar, WHEAT GLUTEN, yeast, salt, RYE flour malt 1%, dry bread sourdough (WHEAT flour, acidity regulators: citric acid, lactic acid; anti-caking agent: E516; rapeseed oil, emulsifier: mono- and diglycerides of fatty acids), dough additive (emulsifier: E472e; malted WHEAT flour, enzymes, stickiness regulators: E170, E341iii), flour treatment agent: ascorbic acid.

Allergens

Contains: cereals containing gluten (rye, wheat).
May contain: eggs, milk, nuts, soy, celery, lupin, mustard, sesame seeds.

Nutritional information	**Per 100 g**
Energy	1200 kJ / 284 kcal
Fat	1,7 g
of which saturates	0,24 g
Carbohydrate	55 g
of which sugars	6,8 g
Fibre	7,0 g
Protein	8,2 g
Salt	1,3 g