



Butter Croissant



Typical values	per 100g	per serving 57g
Energy	1817kJ/434kcal	1919kJ/244kcal
Fat	23.5g	13.4g
<i>of which saturates</i>	15.7g	8.9g
Carbohydrate	44.4g	25.3g
<i>of which sugars</i>	7.2g	4.1g
Fibre	1.8g	1.0g
Protein	8.7g	5.0g
Salt	1.00g	0.57g

Chocolate Hazelnut Croissant



Typical values	per 100g	per serving 85g
Energy	1813kJ/434kcal	1542kJ/369kcal
Fat	24.1g	20.5g
<i>of which saturates</i>	13.4g	11.4g
Carbohydrate	45.1g	38.1g
<i>of which sugars</i>	17.0g	14.5g
Fibre	2.4g	2.0g
Protein	8.0g	6.8g
Salt	1.00g	0.85g

Almond Croissant



Typical values	per 100g	per serving 85g
Energy	1698kJ/406kcal	1443kJ/345kcal
Fat	20.8g	17.7g
<i>of which saturates</i>	9.8g	8.3g
Carbohydrate	42.0g	35.7g
<i>of which sugars</i>	10.8g	9.2g
Fibre	3.0g	2.6g
Protein	11.2g	9.5g
Salt	0.91g	0.77g

Danish Pastry



Typical values	per 100g	per serving 110g
Energy	1337kJ/318kcal	1471kJ/350kcal
Fat	11.2g	12.3g
<i>of which saturates</i>	7.2g	7.9g
Carbohydrate	47.3g	52.0g
<i>of which sugars</i>	18.2g	20.0g
Fibre	1.6g	1.8g
Protein	6.2g	6.8g
Salt	0.76g	0.84g

Chocolate Mini Cake



Typical values	per 100g	per serving 55g
Energy	1969kJ/472kcal	1084kJ/260kcal
Fat	26.1g	14.4g
<i>of which saturates</i>	6.2g	3.4g
Carbohydrate	52.7g	29.0g
<i>of which sugars</i>	37.6g	20.7g
Fibre	3.1g	1.7g
Protein	4.9g	2.7g
Salt	0.55g	0.30g

Large Fruit Scone



Typical values	per 100g	per serving 100g
Energy	1162kJ/274kcal	1162kJ/274kcal
Fat	5.0g	5.0g
<i>of which saturates</i>	1.6g	1.6g
Carbohydrate	52.9g	52.9g
<i>of which sugars</i>	17.0g	17.0g
Fibre	1.7g	1.7g
Protein	6.7g	6.7g
Salt	1.05g	1.05g

Luxury Sultana Scone



Typical values	per 100g	per serving 140g
Energy	1479kJ/351kcal	2072kJ/493kcal
Fat	11.0g	15.4g
<i>of which saturates</i>	5.9g	8.3g
Carbohydrate	54.8g	76.7g
<i>of which sugars</i>	19.2g	26.9g
Fibre	2.1g	2.9g
Protein	7.3g	10.2g
Salt	1.16g	1.62g

Red Berry Scone



Typical values	per 100g	per serving 100g
Energy	1256kJ/298kcal	1256kJ/298kcal
Fat	5.9g	5.9g
<i>of which saturates</i>	1.8g	1.8g
Carbohydrate	52.0g	52.0g
<i>of which sugars</i>	13.2g	13.2g
Fibre	2.0g	2.0g
Protein	7.9g	7.9g
Salt	1.04g	1.04g

White Choc Chip Cookie



Typical values	per 100g	per serving 70g
Energy	1993kJ/476kcal	1403kJ/335kcal
Fat	23.0g	16.1g
<i>of which saturates</i>	12.0g	8.4g
Carbohydrate	62.0g	43.4g
<i>of which sugars</i>	40.0g	28.0g
Fibre	2.2g	1.5g
Protein	4.8g	3.4g
Salt	0.87g	0.61g

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Ca: Cashew nuts	H: Hazelnuts	Mu: Mustard	R: Rye	Wa: Walnuts
Ce: Celery	L: Lupin	O: Oats	Se: Sesame seeds	W: Wheat

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Double Choc Chip Cookie



Typical values	per 100g	per serving 70g
Energy	1964kJ/469kcal	1381kJ/330kcal
Fat	22.0g	15.4g
<i>of which saturates</i>	12.0g	8.4g
Carbohydrate	62.0g	43.4g
<i>of which sugars</i>	40.0g	28.0g
Fibre	2.1g	1.5g
Protein	5.2g	3.6g
Salt	0.85g	0.60g

Triple Choc Chip Cookie



Typical values	per 100g	per serving 70g
Energy	2015kJ/481kcal	1405kJ/335kcal
Fat	23.0g	16.1g
<i>of which saturates</i>	13.0g	9.1g
Carbohydrate	62.0g	43.4g
<i>of which sugars</i>	41.0g	28.7g
Fibre	1.9g	1.3g
Protein	5.1g	3.6g
Salt	0.77g	0.54g

Bavarian Pretzel



Typical values	per 100g	per serving 95g
Energy	1295kJ/282kcal	1135kJ/268kcal
Fat	2.6g	2.5g
<i>of which saturates</i>	0.6g	0.6g
Carbohydrate	54.7g	52.0g
<i>of which sugars</i>	1.3g	1.2g
Fibre	3.0g	2.9g
Protein	8.5g	8.1g
Salt	1.58g	1.50g

Apple Turnover



Typical values	per 100g	per serving 113g
Energy	1228kJ/294kcal	1388kJ/332kcal
Fat	16.1g	18.2g
<i>of which saturates</i>	8.0g	9.0g
Carbohydrate	31.7g	35.8g
<i>of which sugars</i>	11.8g	13.3g
Fibre	3.6g	4.1g
Protein	3.8g	4.3g
Salt	0.30g	0.34g

Pain au Chocolat



Typical values	per 100g	per serving 70g
Energy	1668kJ/398kcal	1167kJ/79kcal
Fat	17.8g	12.5g
<i>of which saturates</i>	11.4g	8.0g
Carbohydrate	50.2g	35.1g
<i>of which sugars</i>	11.2g	7.8g
Fibre	2.1g	1.5g
Protein	8.1g	5.7g
Salt	1.02g	0.71g

Apple Lattice



Typical values	per 100g	per serving 80g
Energy	1443kJ/346kcal	1160kJ/277kcal
Fat	17.0g	13.6g
<i>of which saturates</i>	8.5g	6.8g
Carbohydrate	42.0g	33.6g
<i>of which sugars</i>	13.0g	10.4g
Fibre	2.7g	2.2g
Protein	5.0g	4.0g
Salt	0.47g	0.38g

Chocolate & Vanilla Twist



Typical values	per 100g	per serving 90g
Energy	1386kJ/330kcal	1247kJ/297kcal
Fat	12.1g	10.9g
<i>of which saturates</i>	7.7g	6.9g
Carbohydrate	47.7g	42.9g
<i>of which sugars</i>	16.8g	15.1g
Fibre	1.7g	1.5g
Protein	6.7g	6.0g
Salt	0.82g	0.74g

Ultimate Brownie



Typical values	per 100g	per serving 66g
Energy	1954kJ/467kcal	1290kJ/308kcal
Fat	25.4g	16.8g
<i>of which saturates</i>	16.8g	11.1g
Carbohydrate	53.0g	35.0g
<i>of which sugars</i>	39.9g	26.3g
Fibre	2.2g	1.5g
Protein	5.6g	3.7g
Salt	0.40g	0.26g

Toffee Yum Yum



Typical values	per 100g	per serving 85g
Energy	2108kJ/507kcal	1791kJ/430kcal
Fat	34.9g	29.7g
<i>of which saturates</i>	17.1g	14.5g
Carbohydrate	42.9g	36.5g
<i>of which sugars</i>	17.9g	15.2g
Fibre	1.5g	1.3g
Protein	4.4g	3.7g
Salt	0.40g	0.34g

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French Baguette



Typical values	per 100g	per serving 20g
Energy	1040kJ/250kcal	221kJ/52kcal
Fat	0.1g	<0.1g
<i>of which saturates</i>	0.1g	<0.1g
Carbohydrate	56.0g	11.2g
<i>of which sugars</i>	2.4g	0.5g
Fibre	3.6g	0.5g
Protein	7.7g	1.5g
Salt	1.01g	0.20g

Demi Baguette



Typical values	per 100g	per serving 125g
Energy	1149kJ/271kcal	1436kJ/339kcal
Fat	0.4g	0.5g
<i>of which saturates</i>	0.1g	0.1g
Carbohydrate	56.0g	70.0g
<i>of which sugars</i>	3.3g	4.1g
Fibre	3.6g	4.5g
Protein	9.0g	11.3g
Salt	0.86g	1.08g

Small White Roll



Typical values	per 100g	per serving 65g
Energy	1194kJ/282kcal	776kJ/183kcal
Fat	1.0g	0.7g
<i>of which saturates</i>	0.2g	0.1g
Carbohydrate	57.5g	37.4g
<i>of which sugars</i>	3.8g	2.5g
Fibre	2.9g	1.9g
Protein	9.2g	6.0g
Salt	1.00g	0.65g

Country Crusty Roll



Typical values	per 100g	per serving 64g
Energy	1254kJ/297kcal	851kJ/202kcal
Fat	5.7g	3.6g
<i>of which saturates</i>	0.7g	0.4g
Carbohydrate	53.9g	34.5g
<i>of which sugars</i>	4.3g	2.8g
Fibre	4.4g	2.8g
Protein	9.8g	6.3g
Salt	1.25g	0.80g

Sourdough Roll



Typical values	per 100g	per serving 85g
Energy	1040kJ/250kcal	889kJ/210kcal
Fat	0.6g	0.5g
<i>of which saturates</i>	0.1g	<0.1g
Carbohydrate	48.9g	41.6g
<i>of which sugars</i>	1.3g	1.1g
Fibre	3.5g	3.0g
Protein	9.7g	8.2g
Salt	0.55g	0.47g

High Fibre Multiseed Roll



Typical values	per 100g	per serving 75g
Energy	1323kJ/315kcal	1114kJ/265kcal
Fat	9.4g	7.1g
<i>of which saturates</i>	1.4g	1.1g
Carbohydrate	50.5g	37.9g
<i>of which sugars</i>	4.1g	3.1g
Fibre	9.6g	7.2g
Protein	11.9g	8.9g
Salt	1.25g	0.94g

Ancient Grain Roll



Typical values	per 100g	per serving 80g
Energy	1108kJ/263kcal	886kJ/210kcal
Fat	4.3g	3.4g
<i>of which saturates</i>	0.6g	0.5g
Carbohydrate	41.3g	33.0g
<i>of which sugars</i>	2.8g	2.2g
Fibre	6.2g	5.0g
Protein	11.6g	9.3g
Salt	0.70g	0.56g

Italian Style Panini Roll



Typical values	per 100g	per serving 80g
Energy	1134kJ/268kcal	907kJ/214kcal
Fat	2.6g	2.1g
<i>of which saturates</i>	0.8g	0.6g
Carbohydrate	50.9g	40.7g
<i>of which sugars</i>	3.4g	2.7g
Fibre	2.9g	2.3g
Protein	8.8g	7.0g
Salt	0.79g	0.63g

San Francisco Sourdough Bloomer



Typical values	per 100g	per serving 20g
Energy	1115kJ/268kcal	233kJ/53kcal
Fat	1.2g	0.2g
<i>of which saturates</i>	0.2g	<0.1g
Carbohydrate	50.5g	10.1g
<i>of which sugars</i>	1.9g	0.4g
Fibre	3.6g	0.7g
Protein	10.8g	2.2g
Salt	1.11g	0.22g

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Italian Style Seeded Baguette



Typical values	per 100g	per serving 107g
Energy	1090kJ/261kcal	1165kJ/276kcal
Fat	2.4g	2.6g
<i>of which saturates</i>	0.6g	2.6g
Carbohydrate	47.0g	50.3g
<i>of which sugars</i>	3.5g	3.7g
Fibre	5.2g	5.6g
Protein	9.4g	10.1g
Salt	0.87g	0.93g

Italian Style White Baguette



Typical values	per 100g	per serving 105g
Energy	1080kJ/258kcal	1143kJ/270kcal
Fat	1.9g	2.0g
<i>of which saturates</i>	0.6g	0.6g
Carbohydrate	49.0g	51.5g
<i>of which sugars</i>	3.6g	3.8g
Fibre	3.2g	3.4g
Protein	9.4g	9.9g
Salt	0.80g	0.84g

White Sourdough Baguette



Typical values	per 100g	per serving 20g
Energy	1020kJ/244kcal	204kJ/48kcal
Fat	0.6g	0.1g
<i>of which saturates</i>	0.1g	<0.1g
Carbohydrate	46.8g	9.4g
<i>of which sugars</i>	2.8g	0.6g
Fibre	3.4g	0.7g
Protein	10.3g	2.1g
Salt	0.66g	0.13g

Cheese & Onion Roll



Typical values	per 100g	per serving 75g
Energy	1110kJ/265kcal	837kJ/198kcal
Fat	3.6g	2.7g
<i>of which saturates</i>	1.9g	1.4g
Carbohydrate	46.0g	34.5g
<i>of which sugars</i>	3.4g	2.6g
Fibre	1.7g	1.3g
Protein	11.0g	8.3g
Salt	0.67g	0.50g

Country Loaf



Typical values	per 100g	per serving 20g
Energy	977kJ/231kcal	196kJ/46kcal
Fat	1.7g	0.3g
<i>of which saturates</i>	0.3g	<0.1g
Carbohydrate	43.7g	8.7g
<i>of which sugars</i>	1.3g	0.3g
Fibre	5.3g	1.1g
Protein	7.6g	1.5g
Salt	1.00g	0.20g

Multiseed Loaf



Typical values	per 100g	per serving 20g
Energy	1168kJ/278kcal	234kJ/56kcal
Fat	6.9g	1.4g
<i>of which saturates</i>	0.8g	0.2g
Carbohydrate	41.8g	8.4g
<i>of which sugars</i>	2.0g	0.4g
Fibre	5.1g	1.0g
Protein	9.5g	1.9g
Salt	1.00g	0.20g

High Fibre Multiseed Cob



Typical values	per 100g	per serving 20g
Energy	1206kJ/287kcal	243kJ/58kcal
Fat	8.5g	1.7g
<i>of which saturates</i>	1.0g	0.2g
Carbohydrate	36.0g	7.2g
<i>of which sugars</i>	3.8g	0.8g
Fibre	8.0g	1.6g
Protein	13.2g	2.6g
Salt	0.90g	0.18g

Sourdough Cob



Typical values	per 100g	per serving 20g
Energy	960kJ/229kcal	191kJ/45kcal
Fat	0.8g	0.2g
<i>of which saturates</i>	0.2g	<0.1g
Carbohydrate	44.0g	8.8g
<i>of which sugars</i>	2.7g	0.5g
Fibre	3.2g	0.6g
Protein	9.0g	1.8g
Salt	0.65g	0.13g

Irish Brown Soda Bread



Typical values	per 100g	per serving 20g
Energy	969kJ/229kcal	204kJ/48kcal
Fat	4.1g	0.8g
<i>of which saturates</i>	0.7g	0.1g
Carbohydrate	39.4g	7.9g
<i>of which sugars</i>	4.1g	0.8g
Fibre	4.0g	1.0g
Protein	10.3g	2.1g
Salt	1.70g	0.34g

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White Sourdough Loaf



Typical values	per 100g	per serving 20g
Energy	968kJ/231kcal	194kJ/46kcal
Fat	0.3g	<0.1g
<i>of which saturates</i>	0.1g	<0.1g
Carbohydrate	46.6g	9.3g
<i>of which sugars</i>	3.7g	0.7g
Fibre	3.4g	0.7g
Protein	8.2g	1.6g
Salt	0.82g	0.16g

Poppy Seed Sourdough Loaf



Typical values	per 100g	per serving 20g
Energy	1052kJ/249kcal	211kJ/50kcal
Fat	3.3g	0.7g
<i>of which saturates</i>	0.4g	<0.1g
Carbohydrate	44.0g	8.8g
<i>of which sugars</i>	3.3g	0.7g
Fibre	3.9g	0.8g
Protein	8.9g	1.8g
Salt	0.80g	0.16g

Brennan's Fresh Loaf



Typical values	per 100g	per serving 75g
Energy	920kJ/219kcal	191kJ/45kcal
Fat	1.4g	0.3g
<i>of which saturates</i>	0.4g	<0.1g
Carbohydrate	43.0g	8.6g
<i>of which sugars</i>	2.4g	0.5g
Fibre	2.8g	0.6g
Protein	8.7g	1.7g
Salt	1.10g	0.22g

Irish Oats with Honey Loaf



Typical values	per 100g	per serving 20g
Energy	979kJ/234kcal	196kJ/46kcal
Fat	0.8g	0.2g
<i>of which saturates</i>	0.2g	<0.1g
Carbohydrate	46.3g	9.3g
<i>of which sugars</i>	5.1g	1.0g
Fibre	3.7g	0.7g
Protein	7.9g	1.6g
Salt	0.56g	0.11g

Brown Sourdough Loaf



Typical values	per 100g	per serving 20g
Energy	973kJ/226kcal	188kJ/44kcal
Fat	0.3g	<0.1g
<i>of which saturates</i>	0.1g	<0.1g
Carbohydrate	44.1g	8.8g
<i>of which sugars</i>	3.6g	0.7g
Fibre	4.6g	0.9g
Protein	8.5g	1.7g
Salt	0.80g	0.06g

Classic Focaccia Roll



Typical values	per 100g	per serving 85g
Energy	1207kJ/285kcal	1074kJ/254kcal
Fat	5.8g	4.9g
<i>of which saturates</i>	1.0g	0.9g
Carbohydrate	52.9g	45.0g
<i>of which sugars</i>	0.4g	0.3g
Fibre	2.2g	1.9g
Protein	7.8g	6.6g
Salt	0.81g	0.69g

Pumpkin Seed Roll



Typical values	per 100g	per serving 85g
Energy	1231kJ/294kcal	1231kJ/294kcal
Fat	7.3g	7.3g
<i>of which saturates</i>	1.5g	1.5g
Carbohydrate	46.1g	46.1g
<i>of which sugars</i>	1.6g	1.6g
Fibre	4.6g	4.6g
Protein	11.6g	11.6g
Salt	0.71g	0.71g

Sea Salt & Rosemary Focaccia Roll



Typical values	per 100g	per serving 85g
Energy	1206kJ/285kcal	1078kJ/255kcal
Fat	5.9g	5.0g
<i>of which saturates</i>	1.0g	0.9g
Carbohydrate	52.9g	45.0g
<i>of which sugars</i>	0.7g	0.3g
Fibre	2.6g	1.9g
Protein	7.8g	6.6g
Salt	1.02g	0.69g

Kaiser Roll



Typical values	per 100g	per serving 70g
Energy	1114kJ/263kcal	781kJ/185kcal
Fat	1.9g	1.3g
<i>of which saturates</i>	0.4g	0.3g
Carbohydrate	50.4g	35.3g
<i>of which sugars</i>	3.3g	2.3g
Fibre	3.8g	2.7g
Protein	9.3g	6.5g
Salt	1.13g	0.79g

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Br: Brazil nuts	F: Fish	Mo: Molluscs	Pi: Pistachio nuts	Su: Sulphur Dioxide & Sulphites
Ca: Cashew nuts	H: Hazelnuts	Mu: Mustard	R: Rye	Wa: Walnuts
Ce: Celery	L: Lupin	O: Oats	Se: Sesame seeds	W: Wheat

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Cookies & Cream Doughnut



Typical values	per 100g	per serving 85g
Energy	1602kJ/382kcal	1361kJ/326kcal
Fat	20.0g	17.0g
<i>of which saturates</i>	10.0g	8.5g
Carbohydrate	43.5g	37.0g
<i>of which sugars</i>	21.4g	18.2g
Fibre	1.2g	1.0g
Protein	6.6g	5.6g
Salt	0.66g	0.56g

Jam Filled Doughnut



Typical values	per 100g	per serving 75g
Energy	1441kJ/344kcal	1081kJ/258kcal
Fat	14.6g	11.0g
<i>of which saturates</i>	4.6g	3.5g
Carbohydrate	45.9g	34.4g
<i>of which sugars</i>	15.5g	11.6g
Fibre	1.9g	1.4g
Protein	6.2g	4.7g
Salt	0.52g	0.39g

Sugar Doughnut



Typical values	per 100g	per serving 50g
Energy	1685kJ/403kcal	842kJ/202kcal
Fat	21.1g	10.6g
<i>of which saturates</i>	9.2g	4.6g
Carbohydrate	46.1g	23.1g
<i>of which sugars</i>	15.1g	7.6g
Fibre	1.8g	0.9g
Protein	6.2g	3.1g
Salt	1.36g	0.68g

Chocolate Doughnut



Typical values	per 100g	per serving 56g
Energy	1802kJ/432kcal	1009kJ/242kcal
Fat	25.7g	14.4g
<i>of which saturates</i>	12.2g	6.8g
Carbohydrate	42.2g	23.6g
<i>of which sugars</i>	14.0g	7.8g
Fibre	2.3g	1.3g
Protein	6.8g	3.8g
Salt	0.75g	0.42g

Pinky Doughnut



Typical values	per 100g	per serving 54g
Energy	1827kJ/437kcal	978kJ/234kcal
Fat	24.8g	13.2g
<i>of which saturates</i>	10.3g	5.2g
Carbohydrate	47.6g	25.5g
<i>of which sugars</i>	14.1g	7.2g
Fibre	1.7g	0.9g
Protein	5.1g	2.9g
Salt	0.76g	0.41g

Speculoos Puddle Doughnut



Typical values	Per 100g	per serving 85g
Energy	1652kJ/395kcal	1408kJ/336kcal
Fat	19.2g	16.3g
<i>of which saturates</i>	6.6g	5.6g
Carbohydrate	48.7g	41.4g
<i>of which sugars</i>	22.0g	18.7g
Fibre	1.3g	1.1g
Protein	6.3g	5.4g
Salt	0.71g	0.60g

Maple & Pecan Plait



Typical values	per 100g	per serving 84g
Energy	1676kJ/401kcal	1407kJ/337kcal
Fat	22.7g	19.1g
<i>of which saturates</i>	8.3g	7.0g
Carbohydrate	41.5g	34.9g
<i>of which sugars</i>	10.9g	9.2g
Fibre	2.6g	2.2g
Protein	6.4g	5.4g
Salt	0.35g	0.29g

Focaccia Pizza Pepperoni



Typical values	per 100g	per serving 110g
Energy	1189kJ/284kcal	1308kJ/312kcal
Fat	12.9g	14.2g
<i>of which saturates</i>	4.6g	5.1g
Carbohydrate	31.0g	34.1g
<i>of which sugars</i>	1.1g	1.2g
Fibre	2.1g	2.3g
Protein	9.9g	10.9g
Salt	1.32g	1.45g

Cheddar Twist



Typical values	per 100g	per serving 95g
Energy	1276kJ/306kcal	1212kJ/291kcal
Fat	18.9g	18.0g
<i>of which saturates</i>	12.4g	11.8g
Carbohydrate	25.7g	24.4g
<i>of which sugars</i>	3.5g	3.3g
Fibre	0.9g	0.9g
Protein	7.8g	7.4g
Salt	1.01g	0.96g

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Mini Pizza Oval Tomato & Pesto



Typical values	per 100g	per serving 140g
Energy	918kJ/218kcal	1285kJ/305kcal
Fat	5.0g	7.0g
<i>of which saturates</i>	2.2g	3.1g
Carbohydrate	34.3g	48.0g
<i>of which sugars</i>	2.5g	3.5g
Fibre	1.9g	2.7g
Protein	7.9g	11.1g
Salt	1.63g	2.28g

Pizza Margherita



Typical values	per 100g	per serving 120g
Energy	1030kJ/245kcal	1236kJ/294kcal
Fat	6.3g	7.6g
<i>of which saturates</i>	3.3g	4.0g
Carbohydrate	36.0g	43.2g
<i>of which sugars</i>	2.4g	2.9g
Fibre	2.5g	3.0g
Protein	9.7g	11.6g
Salt	1.60g	1.92g

Ham & Cheese Jambons



Typical values	per 100g	per serving 110g
Energy	1104kJ/265kcal	1214kJ/292kcal
Fat	17.0g	18.7g
<i>of which saturates</i>	8.6g	9.5g
Carbohydrate	21.0g	23.1g
<i>of which sugars</i>	1.8g	2.0g
Fibre	0.9g	1.0g
Protein	6.5g	7.2g
Salt	0.99g	1.09g

Sausage Roll



Typical values	per 100g	per serving 60g
Energy	1276kJ/305kcal	766kJ/183kcal
Fat	16.9g	10.2g
<i>of which saturates</i>	7.6g	4.5g
Carbohydrate	28.7g	17.2g
<i>of which sugars</i>	2.4g	1.5g
Fibre	1.7g	1.0g
Protein	10.4g	6.3g
Salt	0.76g	0.45g

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