

INGREDIENTS

Água, Farinha de trigo integral (GLUTEN), Flocos de aveia (AVEIA), Farinha de trigo tipo 65 (GLUTEN), Azeite, Fermento fresco de padeiro (GLUTEN), Sal

NUTRITIONAL DECLARATION (por 100g)

Energy: 931 KJ / 222 Kcal

Lipids: 4.27 g,

of which Saturated: 0.69 g

Carbohydrates: 37.89 g,

of which Sugars: 1.51 g

Fiber: 3.28 g

Proteins: 6.48 g

Salt: 1.05 g

ALLERGENS



Contains: **Gluten**

Can contain traces of Peanuts, Soybeans, Milk, Nuts, Sesame Seeds