

HAM AND CHEESE CROISSANT

Ingredients : Honey glazed ham [MEAT] , White organic wheat flour n4 [WHEAT] (Organic Wheat Flour [WHEAT],Creta,Vitamin Mix (Iron, Nicitinic acid, Thiamin)) , Gruyere cheese [MILK] , Butter [MILK] , Water , Caster sugar , Whole milk [MILK] , Dried yeast (Yeast) , Salt , Bread improver , Egg yolk [EGG]

Not suitable for vegetarians

Nutritionals

	Total Per item	Total Per 100 gr
Energy (Kj)	1971	1194
Energy (KCal)	471	285
Fat (g)	27	17
of which Saturates (g)	16	10
Carbohydrate (g)	32	19
of which Sugars (g)	5	3
Protein (g)	25.30	15.33
Salt (g)	2.50	1.51
Fibre (g)	1.81	1.10

Total Weight : 165 g^e