

SERRANO HAM AND FIG

Ingredients : Ciabatta [WHEAT] (WheatFlour [WHEAT],Water,Olive oil,Salt) , Crème fraiche [MILK] (Pasteurised Cow's Milk Cream [MILK],Lactic Starter Cultures (<1%)) , Prosciutto ham sliced (Pork,Salt,Preservative: Potassium Nitrate) , Olives (Olives,Water,Salt,Citric acid) , Figs , Fig relish (Figs,Cider Vinegar,Clove,Allspice,Peppercorns,Cinnamon,Water,Muscovado Sugar,Cane Sugar,Chillies,Cinnamon) , Honey [HONEY] , Lemons , Capers (Capers,Water,Vinegar,Salt) , Thyme , Parsley , Anchovies marinated [FISH] (Anchovys [FISH],Olive oil,Vinegar,Garlic,Parsley,Salt) , Garlic , Salt , Peppercorns

Not suitable for vegetarians

Nutritionals

	Total Per item	Total Per 100 gr
Energy (Kj)	1333	945
Energy (KCal)	327	232
Fat (g)	11	7
of which Saturates (g)	5	4
Carbohydrate (g)	47	34
of which Sugars (g)	8	6
Protein (g)	9.96	7.06
Salt (g)	1.70	1.20
Fibre (g)	2.76	1.96

Total Weight : 141 ge