



FINN CRISP HI-FIBRE

Wholegrain crispbread with rye bran



Article no
102992

Net weight
12x200g

Description / Production

The tasty wholegrain rye crispbread topped with rye bran

Preparation / Use

Retail product

Portion (g): 12,5

Ingredients

Wholegrain **rye** flour 86 %, **rye** bran 6 %, water, yeast, and salt.

May contain traces of:
Sesame seeds

Allergens

Parameter	In recipe:
Cereals containing gluten (i.e. wheat, spelt, kamut, rye, barley, oats or their hybridised strains) and products thereof	Yes
Crustaceans and products thereof	No
Egg and products thereof	No
Fish and products thereof	No
Peanuts and products thereof	No
Soy and products thereof	No
Milk and products thereof (including lactose)	No
Nuts, ie almonds (<i>Amygdalus communis</i> L.), hazelnut (<i>Corylus avellana</i>), walnut (<i>Juglans regia</i>), Cashew (<i>Anacardium occidentale</i>), pecan (<i>Cary illinoensis</i> (Wangenh.) K. Koch), paranöt (<i>Bertholletia excelsa</i>), pistachio (<i>Pistacia vera</i>), Macadamia nut and Queensland nut (<i>Macadamia ternifolia</i>) and products thereof	No
Celery and products thereof	No
Mustard and products thereof	No
Sesame seeds and products thereof	No
Sulphur dioxide and sulphites at concentrations of more than 10 mg / kg or 10 mg / l, expressed as SO ₂ .	No

Lupin and products thereof	No
Molluscs and products thereof	No

Nutrition Declaration

Parameter	Pr. 100 g	% of DRI	Pr portion (12,5 g)	% DRI
Energy, kJ	1400		170	
Energy, kcal	330		40	
Fat (g)	2,2		<0,5	
- of which saturates (g)	<0,5		<0,1	
Carbohydrate (g)	57		7,1	
- of which sugars (g)	2,2		<0,5	
Dietary fibre (g)	20		2,5	
Protein (g)	10		1,3	
Salt (g)	1,0		0,1	

Number of servings per package: 16

Shelf life and Storage

Shelf life and Date labelling	
Keep in dry and dark.	
Shelf life (days):	365 days
Best before labels on packaging:	dd mm yyyy

Other

Product is compliant with EU legislation:

Products from Lantmännens are produced and packed according to current EU legislation for food and packaging in contact with food. The product is not GMO.

Nutrition claim:

High fibre

Recycling instruction:

Recycle as plastic.

Kosher certified product.

Produced in:

Kotka, Finland