Ingredients, allergens and nutritional information: Bakery

Village Bakery Long Life Crumpets ® (Magic Breakfast Crumpet)			
Ingredients: Water, Fortified **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Inulin, Fermented **Wheat** Flour, Raising Agents (E450, E501, E500, E509), Sugar, Yeast, Salt, Vinegar, Preservative (Potassium Sorbate), Dextrose. **Allergen Information:** Contains **Wheat Gluten.** **Additional information**: Suitable for Vegetarians			
Nutritional Profile	**Per 100g**	**Per 55g serving (whole crumpet)***	**% RI per serving**
Energy	173 Kcal	95 Kcal	
Fat	0.7g	0.4g	
Saturated Fat	0.2g	0.1g	
Carbohydrates	39.6g	21.8g	
Sugar	1.6g	0.9g	
Fibre	**4.7g**	2.6g	
Protein	4.7g	2.6g	
Salt	0.92g	0.52g	
*This is the manufacturer's suggested serving size (not by age).			
Primary		**Secondary**	
50g – 70g		80g – 100g/1.5 or 2 whole crumpets	