

Smoked ham, cheese & pickle with mayonnaise & lettuce on hi-bran bread / Marks and Spencer p.l.c.

Contributors

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StMichael

**SMOKED HAM,
CHEESE & PICKLE
WITH MAYONNAISE & LETTUCE
ON HI-BRAN® BREAD**

INGREDIENTS: BREAD (WHEAT FLOUR · WATER · CRACKED WHEAT GRAINS · WHEAT BRAN · COOKED WHEATGERM · DRIED WHEAT GLUTEN · YEAST · SALT · VEGETABLE FAT · SUGAR · SOYA FLOUR · VINEGAR · EMULSIFIER: E472e · FLOUR TREATMENT AGENT: ASCORBIC ACID) · SMOKED HAM (WITH STABILISERS: E450, E451, E452 · ANTIOXIDANT: E301 · PRESERVATIVE: E250) · CHEDDAR CHEESE · MAYONNAISE (WITH EGG · MUSTARD · ACIDITY REGULATORS: CITRIC ACID, E331 · STABILISER: E415) · LETTUCE · PICKLE (WITH COLOUR: E150 · ACETIC ACID · GARLIC EXTRACT) · MODIFIED STARCH.

NOT SUITABLE FOR HOME FREEZING

NUTRITION

AVERAGE VALUES	PER 100 g	PER PACK
ENERGY	998 kJ 239 kcal	1966 kJ 471 kcal
PROTEIN	12.2 g	24.0 g
CARBOHYDRATE	16.1 g	31.7 g
OF WHICH SUGARS	3.8 g	7.5 g
FAT	14.0 g	27.6 g
OF WHICH SATURATES	4.1 g	8.1 g
FIBRE	2.3 g	4.5 g
SODIUM	0.78 g	1.54 g



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