

Nutrition Facts

Per (520 g)

Calories 500

% Daily Value*

Fat 23 g 30 %
Saturated 11 g 57 %
+ Trans 0 g

Carbohydrate 57 g
Fibre 5 g 17 %
Sugars 21 g 21 %

Protein 17 g

Cholesterol 35 mg

Sodium 1680 mg 73 %

Potassium 40 mg 1 %

Calcium 225 mg 17 %

Iron 3 mg 18 %

*5% or less is **a little**, 15% or more is **a lot**

Ingredients: WATER, ORGANIC TOMATO PASTE, ORGANIC ROASTED RED PEPPER, ORGANIC CREAM, ORGANIC BROWN RICE FLOUR, ORGANIC CANE SUGAR, ORGANIC NON FAT DRY MILK, ORGANIC SUNFLOWER OIL, NATURAL FLAVOR, SEA SALT, ORGANIC ROASTED GARLIC, ORGANIC ONION POWDER, ORGANIC FLAVOR, ORGANIC GARLIC POWDER, ORGANIC SPICE., Cheese, goat, soft, (more than 55% water, 21% M.F.), BREAD: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), WATER, SOYBEAN OIL, YEAST, SALT, SUGAR, FERMENTED WHEAT FLOUR, CALCIUM PROPIONATE (PRESERVATIVE), DEXTROSE, ASCORBIC ACID, ENZYMES. SPREAD: WATER, SOYBEAN OIL, DEHYDRATED GARLIC, PALM OIL, WHEY POWDER, SALT, MODIFIED CORN STARCH, DISTILLED MONOGLYCERIDE, DEHYDRATED PARSLEY, MODIFIED TAPIOCA STARCH, XANTHAN GUM, CITRIC ACID, NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR)., Croutons, seasoned, Onion, young green, tops only

Contains: Wheat, Milk, Soy, Gluten