



About us

The 100% Hungarian owned Abonett Ltd. was founded in 1949. Our best known product is the Abonett Crackerbread family, which has been present on the shelves of the Hungarian food stores since 1986. The keystone of our approach is to apply the results of dietetics in order to produce healthy products. No genetically modified (GMO), or chemically treated grain is allowed to get into our products, and we refrain from using artificial additives.

We develop and manufacture our products using modern technology and advanced quality assurance systems (HACCP, IFS). Abonett is always "ready at hand", whenever we wish to have a healthy breakfast, a quick snack, or a healthy diet dinner, it can be a complete meal, or an additional treat anytime. In order to experience the joy and the beneficial effects of cereals right away, at any time of the day, beside crackerbreads, Abonett created a new **Sandwich** and **Snack** portfolio.

Extruded crispbreads are the base of our entire portfolio. They are made of whole grain and their high fiber content helps healthy digestion. The Abonett cracker breads are suitable to meet specific dietary requirements, so they can be a great help in establishing **low-calorie** (e.g. slimming diet) and **low sodium diets, high-fiber diets, gluten free** and **yeast free** diets.



Abonett crackerbreads

The Abonett crackerbreads product line, featuring 14 kinds of flavours, targets healthy women and men who want to pay attention to their daily calorie intake and replace traditional bread. For those who prefer to consume while traveling, one-off packaging (4 slices / pack) is introduced.

For more information about flavour:

- Classic flavours: original, rye, pizza, with wheat germ, with bran, with oats
- Gluten-free flavours: corn, with quinoa, with linseed, with millet, with vegetables
- Organic flavours: with chia seeds, with buckwheat and with spelt. The chia seed and the buckwheat versions are gluten-free as well.

Main product features:

- Only 18 kcal / crackerbread slice
- A valuable source of energy from whole wheat flour
- High fiber content
- It contains no added additives
- E-free and yeast-free





Original

Ingredients: whole grain **wheat flour** (65.5%), corn semolina (33.7%), salt.

| | per 100 g of product | 1 slice 4.8 g | *RI% 1 slice |
|--------------------|----------------------|---------------|--------------|
| Energy | 1674 kJ | 80 kJ | 1% |
| | 396 kcal | 19 kcal | 1% |
| Fat | 2.7 g | 0 g | 0% |
| of which saturates | 0 g | 0 g | 0% |
| Carbohydrate | 72 g | 3.5 g | 1% |
| of which sugars | 2.2 g | 0 g | 0% |
| Fibre | 14 g | 0.7 g | 1% |
| Protein | 14 g | 0.7 g | 1% |
| Salt | 0.93 g | 0.04 g | 1% |

Reference intake for an average adult (8400 kJ/2000 kcal).



Wheat germ

Ingredients: whole grain **wheat flour** (54.2%), corn semolina (41%), **wheat germ** (4%), salt.

| | per 100 g of product | 1 slice 4.8 g | *RI% 1 slice |
|--------------------|----------------------|---------------|--------------|
| Energy | 1675 kJ | 80 kJ | 1% |
| | 397 kcal | 19 kcal | 1% |
| Fat | 3.2 g | 0 g | 0% |
| of which saturates | 0 g | 0 g | 0% |
| Carbohydrate | 71 g | 3.4 g | 1% |
| of which sugars | 2.1 g | 0 g | 0% |
| Fibre | 14 g | 0.7 g | 1% |
| Protein | 14 g | 0.7 g | 1% |
| Salt | 0.93 g | 0.04 g | 1% |

Reference intake for an average adult (8400 kJ/2000 kcal).



Rye

Ingredients: whole grain **rye flour** (66.66%), corn semolina (32.54%), salt.

| | per 100 g of product | 1 slice 4.8 g | *RI% 1 slice |
|--------------------|----------------------|---------------|--------------|
| Energy | 1611 kJ | 77 kJ | 1% |
| | 381 kcal | 18 kcal | 1% |
| Fat | 2.6 g | 0 g | 0% |
| of which saturates | 0 g | 0 g | 0% |
| Carbohydrate | 73 g | 3.5 g | 1% |
| of which sugars | 2.2 g | 0 g | 0% |
| Fibre | 13 g | 0.6 g | 1% |
| Protein | 10 g | 0.5 g | 1% |
| Salt | 0.88 g | 0.04 g | 1% |

Reference intake for an average adult (8400 kJ/2000 kcal).



Abonett classic crackerbreads



Bran

Ingredients: whole grain **wheat flour** (57.2%), corn semolina (36%), **wheat bran** (6%), salt.

| | per 100 g of product | 1 slice 4.8 g | *RI% 1 slice |
|--------------------|----------------------|---------------|--------------|
| Energy | 1684 kJ | 81 kJ | 1% |
| | 399 kcal | 19 kcal | 1% |
| Fat | 3 g | 0 g | 0% |
| of which saturates | 0 g | 0 g | 0% |
| Carbohydrate | 71 g | 3.4 g | 1% |
| of which sugars | 2 g | 0 g | 0% |
| Fibre | 16 g | 0.8 g | 1% |
| Protein | 14 g | 0.7 g | 1% |
| Salt | 0.93 g | 0.04 g | 1% |

Reference intake for an average adult (8400 kJ/2000 kcal).



Pizza

Ingredients: whole grain **wheat flour** (50.73%), corn semolina (45.07%), pizza spice mixture (4%) (tomato powder, dextrose, salt, ground red pepper, onion powder, ground oregano, ground black pepper, ground basil, ground rosemary, ground marjoram, ground thyme, garlic oil), salt.

| | per 100 g of product | 1 slice 4.8 g | *RI% 1 slice |
|--------------------|----------------------|---------------|--------------|
| Energy | 1660 kJ | 80 kJ | 1% |
| | 393 kcal | 19 kcal | 1% |
| Fat | 3 g | 0 g | 0% |
| of which saturates | 0 g | 0 g | 0% |
| Carbohydrate | 72 g | 3.5 g | 1% |
| of which sugars | 3.8 g | 0 g | 0% |
| Fibre | 13 g | 0.6 g | 1% |
| Protein | 13 g | 0.6 g | 1% |
| Salt | 0.95 g | 0.05 g | 1% |

Reference intake for an average adult (8400 kJ/2000 kcal).



Oats

Ingredients: whole grain **wheat flour** (49.34%), corn semolina (45.2%), **oat flour** (4.66%), salt.

| | per 100 g of product | 1 slice 4.8 g | *RI% 1 slice |
|--------------------|----------------------|---------------|--------------|
| Energy | 1679 kJ | 81 kJ | 1% |
| | 398 kcal | 19 kcal | 1% |
| Fat | 3.3 g | 0 g | 0% |
| of which saturates | 0 g | 0 g | 0% |
| Carbohydrate | 72 g | 3.5 g | 1% |
| of which sugars | 2.1 g | 0 g | 0% |
| Fibre | 14 g | 0.7 g | 1% |
| Protein | 13 g | 0.6 g | 1% |
| Salt | 0.93 g | 0.04 g | 1% |

Reference intake for an average adult (8400 kJ/2000 kcal).



Abonett classic crackerbreads



Millet

Ingredients: corn semolina (79.2%),
hulled millet (20%), salt.

| | per 100 g of product | 1 slice 4.8 g | *RI% 1 slice |
|--------------------|----------------------|---------------|--------------|
| Energy | 1670 kJ | 80 kJ | 1% |
| | 396 kcal | 19 kcal | 1% |
| Fat | 4.2 g | 0 g | 0% |
| of which saturates | 0 g | 0 g | 0% |
| Carbohydrate | 73 g | 3.5 g | 1% |
| of which sugars | 1.8 g | 0 g | 0% |
| Fibre | 13 g | 0.6 g | 1% |
| Protein | 10 g | 0.5 g | 1% |
| Salt | 0.9 g | 0.04 g | 1% |

Reference intake for an average adult (8400 kJ/2000 kcal).



Corn

Ingredients: corn semolina (99.2%), salt.

| | per 100 g of product | 1 slice 4.8 g | *RI% 1 slice |
|--------------------|----------------------|---------------|--------------|
| Energy | 1620 kJ | 78 kJ | 1% |
| | 384 kcal | 18 kcal | 1% |
| Fat | 4.2 g | 0 g | 0% |
| of which saturates | 0 g | 0 g | 0% |
| Carbohydrate | 71 g | 3.4 g | 1% |
| of which sugars | 2.2 g | 0 g | 0% |
| Fibre | 11 g | 0.5 g | 1% |
| Protein | 10 g | 0.5 g | 1% |
| Salt | 0.9 g | 0.04 g | 1% |

Reference intake for an average adult (8400 kJ/2000 kcal).



Abonett gluten-free crackerbreads



Vegetables

Ingredients: corn semolina (71.5%), hulled millet (18.55%), spice and vegetable mix (5.4%) (onion, parsley leaves, garlic, **celery**, pritamin pepper, black pepper, chives, fried onion, beetroot powder, tomato flakes, carrot flakes), **soy flour** (4%), salt.

| | per 100 g of product | 1 slice 4.8 g | *RI% 1 slice |
|--------------------|----------------------|---------------|--------------|
| Energy | 1636 kJ | 79 kJ | 1% |
| | 388 kcal | 19 kcal | 1% |
| Fat | 4.2 g | 0 g | 0% |
| of which saturates | 0.1 g | 0 g | 0% |
| Carbohydrate | 69 g | 3.3 g | 1% |
| of which sugars | 2.7 g | 0 g | 0% |
| Fibre | 13 g | 0.6 g | |
| Protein | 12 g | 0.6 g | 1% |
| Salt | 0.93 g | 0.04 g | 1% |

Reference intake for an average adult (8400 kJ/2000 kcal).



Linseed

Ingredients: corn semolina (93.2%), linseed (6%), salt.

| | per 100 g of product | 1 slice 4.8 g | *RI% 1 slice |
|--------------------|----------------------|---------------|--------------|
| Energy | 1653 kJ | 79 kJ | 1% |
| | 392 kcal | 19 kcal | 1% |
| Fat | 6.7 g | 0 g | 0% |
| of which saturates | 0.3 g | 0 g | 0% |
| Carbohydrate | 67 g | 3.2 g | 1% |
| of which sugars | 2.2 g | 0 g | 0% |
| Fibre | 12 g | 0.6 g | |
| Protein | 10 g | 0.5 g | 1% |
| Salt | 0.9 g | 0.04 g | 1% |

Reference intake for an average adult (8400 kJ/2000 kcal).



Quinoa

Ingredients: corn semolina (79.2%), **soy flour** (15%), quinoa (5%), salt.

| | per 100 g of product | 1 slice 4.8 g | *RI% 1 slice |
|--------------------|----------------------|---------------|--------------|
| Energy | 1445 kJ | 69 kJ | 1% |
| | 342 kcal | 16 kcal | 1% |
| Fat | 3.6 g | 0 g | 0% |
| of which saturates | 0 g | 0 g | 0% |
| Carbohydrate | 56 g | 2.7 g | 1% |
| of which sugars | 1.6 g | 0 g | 0% |
| Fibre | 11 g | 0.5 g | |
| Protein | 16 g | 0.8 g | 2% |
| Salt | 0.88 g | 0.04 g | 1% |

Reference intake for an average adult (8400 kJ/2000 kcal).



Abonett gluten-free crackerbreads



Buckwheat

Ingredients: corn semolina* (93.2%), buckwheat flour* (6%), salt.

*from controlled organic farming

| | per 100 g of product | 1 slice 4.8 g | *RI% 1 slice |
|--------------------|----------------------|---------------|--------------|
| Energy | 1620 kJ | 78 kJ | 1% |
| | 384 kcal | 18 kcal | 1% |
| Fat | 4.2 g | 0 g | 0% |
| of which saturates | 0 g | 0 g | 0% |
| Carbohydrate | 71 g | 3.4 g | 1% |
| of which sugars | 2 g | 0 g | 0% |
| Fibre | 11 g | 0.5 g | |
| Protein | 10 g | 0.5 g | 1% |
| Salt | 0.9 g | 0.04 g | 1% |

Reference intake for an average adult (8400 kJ/2000 kcal).



Spelt

Ingredients: corn semolina* (79.2%), whole grain **spelt flour*** (20%), salt.

*from controlled organic farming

| | per 100 g of product | 1 slice 4.8 g | *RI% 1 slice |
|--------------------|----------------------|---------------|--------------|
| Energy | 1609 kJ | 77 kJ | 1% |
| | 381 kcal | 18 kcal | 1% |
| Fat | 3.9 g | 0 g | 0% |
| of which saturates | 0 g | 0 g | 0% |
| Carbohydrate | 70 g | 3.4 g | 1% |
| of which sugars | 3.3 g | 0 g | 0% |
| Fibre | 11 g | 0.5 g | |
| Protein | 11 g | 0.5 g | 1% |
| Salt | 0.9 g | 0.04 g | 1% |

Reference intake for an average adult (8400 kJ/2000 kcal).



Chia seeds

Ingredients: corn semolina* (95.2%), chia seeds* (Salvia hispanica) (4%), salt.

*from controlled organic farming

| | per 100 g of product | 1 slice 4.8 g | *RI% 1 slice |
|--------------------|----------------------|---------------|--------------|
| Energy | 1639 kJ | 79 kJ | 1% |
| | 389 kcal | 19 kcal | 1% |
| Fat | 5.4 g | 0 g | 0% |
| of which saturates | 0.1 g | 0 g | 0% |
| Carbohydrate | 69 g | 3.3 g | 1% |
| of which sugars | 2.1 g | 0 g | 0% |
| Fibre | 12 g | 0.6 g | |
| Protein | 10 g | 0.5 g | 1% |
| Salt | 0.9 g | 0.04 g | 1% |

Reference intake for an average adult (8400 kJ/2000 kcal).



Abonett bio crackerbreads

Abonett sandwich concept

The Abonett Sandwich targets healthy and active women and men who are usually short on time, but want to pay attention to daily calorie intake and replace traditional sandwiches. Abonett sandwiches are easy to eat on the go.

For more information about flavours:

- the following salty cream flavours are available: pumpkin-seed cream, cheese and chive
- as well as sweet flavours: strawberry-mascarpone, hazelnuts

Main product features:

- Only ~120 kcal a sandwich (26 g)
- Source of fibre
- Gluten-free
- With sweeteners (sweet sandwich)
- Contains naturally occurring sugars (sweet sandwich)
- It does not contain added sugar
- It is non-yeast





Strawberry-mascarpone

Ingredients: corn semolina (36%), vegetable fats (palm, shea kernel), maltodextrin, sweeteners: erythrite (5.2%) and maltitol (4.7%), hulled rice (7%), **mascarpone powder** (1.9%) (**milk**), strawberry powder (1.9%), cocoa powder (1.4%), skimmed-**milk powder**, **yoghurt powder**, natural flavour, freeze-dried strawberry pieces (0.2%), emulsifier: sunflower lecithin, salt.

May contain traces of soy, celery and hazelnuts.

Serving size (26 g): 2 slices. The package contains 2 slices.

| | per 100 g of product | 1 portion 26 g |
|--------------------|----------------------|----------------|
| Energy | 2030 kJ | 528 kJ |
| | 486 kcal | 126 kcal |
| Fat | 27 g | 7 g |
| of which saturates | 9.2 g | 2.4 g |
| Carbohydrate | 60 g | 16 g |
| of which sugars | 3.6 g | 0.9 g |
| of which polyols | 2.6 g | 2.6 g |
| Fibre | 1.3 g | 1.3 g |
| Protein | 1.5 g | 1.5 g |
| Salt | 0.25 g | 0.07 g |



Hazelnuts

Ingredients: corn semolina (37%), **hazelnut** cream with sweetener (35%) [sweetener: maltitol, vegetable fats (palm, shea kernel), sweet whey powder, roasted **hazelnuts** (1.6%), fat-reduced cocoa powder (1.6%), emulsifier: lecithin, flavour], skimmed-**milk powder**, hulled millet (9.2%), hazelnut paste (4.4%), cocoa powder (4%), salt.

May contain traces of soy and celery.

Serving size (26 g): 2 slices. The package contains 2 slices.

| | per 100 g of product | 1 portion 26 g |
|--------------------|----------------------|----------------|
| Energy | 1823 kJ | 474 kJ |
| | 436 kcal | 113 kcal |
| Fat | 18 g | 7 g |
| of which saturates | 7.3 g | 1.9 g |
| Carbohydrate | 61 g | 16 g |
| of which sugars | 6.5 g | 1.7 g |
| of which polyols | 19 g | 4.9 g |
| Fibre | 8 g | 2.1 g |
| Protein | 11 g | 2.9 g |
| Salt | 0.51 g | 0.13 g |



Sandwiches



Cheese and chive

Ingredients: cheese and chive sandwich spread (51%) [maltodextrin, vegetable oil (sunflower), whole **milk powder**, vegetable fat (palm), **cheese powder** 3.6%, spices, chives 1.7%, emulsifier: sunflower lecithin], corn semolina (37%), hulled millet (8%), buckwheat flour (1%), salt.

May contain traces of soy, celery and hazelnuts.

Serving size (26 g): 2 slices. The package contains 2 slices.

| | per 100 g of product | 1 portion 26 g |
|--------------------|----------------------|----------------|
| Energy | 2011 kJ | 523 kJ |
| | 480 kcal | 125 kcal |
| Fat | 22 g | 5.7 g |
| of which saturates | 5.6 g | 1.5 g |
| Carbohydrate | 59 g | 15 g |
| of which sugars | 5.7 g | 1.5 g |
| Fibre | 6 g | 1.6 g |
| Protein | 8.6 g | 2.2 g |
| Salt | 0.54 g | 0.14 g |



Pumpkin seed cream

Ingredients: corn semolina (37%), pumpkin seed cream (18%), vegetable fats (palm, shea kernel), **whey powder**, maltodextrin, hulled millet (8%), **cheese powder** (cheese, emulsifying salt: sodium phosphate), buckwheat flour (1%), salt.

May contain traces of soy, celery and hazelnuts.

Serving size (26 g): 2 slices. The package contains 2 slices.

| | per 100 g of product | 1 portion 26 g |
|--------------------|----------------------|----------------|
| Energy | 2046 kJ | 532 kJ |
| | 489 kcal | 127 kcal |
| Fat | 24 g | 6.2 g |
| of which saturates | 7.1 g | 1.8 g |
| Carbohydrate | 50 g | 13 g |
| of which sugars | 8.6 g | 2.2 g |
| Fibre | 8.7 g | 2.3 g |
| Protein | 14 g | 3.6 g |
| Salt | 0.97 g | 0.25 g |



Sandwiches

For more information, quotations:
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