



## Flahavan's Porridge Oats (10x1.5kg)

### Additional Information

Product Code	681769
Product Description	Oatflakes produced from pinhead which have been cooked and flaked / rolled.
Height (mm)	264.0000
Length (mm)	466.0000
Width (mm)	312.0000
Outer EAN 1	5099801000840
Storage Type	Ambient
Brand	Flahavan's

### Ingredients

Ingredients	Wholegrain Rolled Oats
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### Dietary Information

Approved for a Halal Diet	No
Approved for a Kosher Diet	Yes
Suitable for Coeliacs	No
Suitable for Lactose-Free Diet	Yes
Suitable for a Vegan Diet	Yes
Suitable for a Vegetarian Diet	Yes

## Allergens

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Celery	No
Gluten	Yes
Crustacea	No
Egg	No
Fish	No
Lupin	No
Milk	No
Molluscs	No
Mustard	No
Nuts	No
Peanuts	No
Sesame	No
SOYA	No
Sulphites	No

## Nutritional Information

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Carbohydrate Per 100g (g)	64
Carbohydrate of which Sugars per 100g (g)	0.9
Fat per 100g (g)	5.8
Fat of which Saturates per 100g (g)	1.0
Fibre per 100g	8.3
Energy per 100g (kcal)	371
Energy per 100g (kJ)	1566
Protein per 100g (g)	11
Salt per 100g (g)	<0.01

### Disclaimer:

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