



Kellogg's Fruit 'n' Fibre Portion Packs (40x45g)

Additional Information

Product Code	130058
Product Description	Wholewheat flakes with raisins, coconut, banana, apple and hazelnuts. Fruit n Fibre is part of the Kellogg's 'Happy Guts' range designed to make it easier for people to increase their intake of fibre. With 9 in 10 people not meeting the daily recommended 30g intake, a delicious bowl of Fruit n Fibre, packed with superior wheat bran fibre is a perfect way of fuelling a happy gut.
Height (mm)	272.0000
Length (mm)	372.0000
Width (mm)	182.0000
Outer EAN 1	5050083393907
Storage Type	Ambient
Brand	Kellogg's

Ingredients

Ingredients	Wholewheat (69%), dried fruit and hazelnuts (26%) (raisins, coconut, banana {banana, coconut oil, sugar}, apple, hazelnuts), sugar, barley malt extract, salt, niacin, iron, vitamin B6, riboflavin, thiamin, folic acid, vitamin D, vitamin B12.
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Dietary Information

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

Allergens

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

Nutritional Information

Carbohydrate Per 100g (g)	69 g
Carbohydrate of which Sugars per 100g (g)	24 g
Fat per 100g (g)	6 g
Fat of which Saturates per 100g (g)	3.5 g
Fibre per 100g	9 g
Energy per 100g (kcal)	380 kcal
Energy per 100g (kJ)	1603 kJ
Protein per 100g (g)	8 g
Salt per 100g (g)	1 g

Disclaimer:

While we endeavour to ensure the accuracy of all product, pricing and nutritional data at all times, and that information is provided in good faith, we are not the manufacturers of these products and any such information we provide is therefore reliant on the accuracy and completeness of information provided to us by our suppliers.

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