



## White's Speedicook Porridge Oats (2kg)

### Additional Information

Product Code	140137
Product Description	Whites Porridge Oat Flakes Catering (2kg)
Height (mm)	290.0000
Length (mm)	400.0000
Width (mm)	264.0000
Outer EAN 1	0
Storage Type	Ambient
Brand	White's

### Ingredients

Ingredients	Oat Flakes
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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

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

Carbohydrate Per 100g (g)	62.2
Carbohydrate of which Sugars per 100g (g)	1.2
Fat per 100g (g)	6.3
Fat of which Saturates per 100g (g)	1.1
Fibre per 100g	11.1
Energy per 100g (kcal)	368
Energy per 100g (kJ)	1551
Protein per 100g (g)	9.0
Salt per 100g (g)	0

Disclaimer:

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