



Flahavan's Original Quick Oats Pots (12x44g)

Additional Information

Product Code	140146
Product Description	Hot oat cereal. Microwave 1 1/2 mins or add hot water Just add boiling water or micro & go! Source of wholegrain Source of protein and fibre Low in saturated fat and salt
Height (mm)	168.0000
Length (mm)	322.0000
Width (mm)	216.0000
Outer EAN 1	5099801005012
Storage Type	Ambient
Brand	Flahavan's

Ingredients

Ingredients	Wholegrain Rolled Oats (84%), Sugar, Skimmed Milk Powder
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Dietary Information

Approved for a Halal Diet	No
Approved for a Kosher Diet	No
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	Yes
Molluscs	No
Mustard	No
Nuts	No
Peanuts	No
Sesame	No
SOYA	No
Sulphites	No

Nutritional Information

Carbohydrate Per 100g (g)	67
Carbohydrate of which Sugars per 100g (g)	14
Fat per 100g (g)	4.9
Fat of which Saturates per 100g (g)	0.8
Fibre per 100g	6.9
Energy per 100g (kcal)	373
Energy per 100g (kJ)	1574
Protein per 100g (g)	12
Salt per 100g (g)	0.08

Disclaimer:

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