



Flahavan's Strawberry Quick Oats Pots (12x46g)

Additional Information

Product Code	140147
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)	326.0000
Width (mm)	212.0000
Outer EAN 1	5099801005050
Storage Type	Ambient
Brand	Flahavan's

Ingredients

Ingredients	Wholegrain Rolled Oats (80%), Sugar, Skimmed Milk Powder, Freeze Dried Strawberry Pieces (3%), Natural Flavouring vegetable Oil (coconut, rapeseed)
-------------	---

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)	16
Fat per 100g (g)	4.8
Fat of which Saturates per 100g (g)	0.8
Fibre per 100g	6.9
Energy per 100g (kcal)	372
Energy per 100g (kJ)	1571
Protein per 100g (g)	12
Salt per 100g (g)	0.1

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.

We do not therefore accept liability for any inaccuracies or incorrect product information contained on this site and cannot be held responsible for any inaccuracies or omissions set out in this information.

From time to time recipes and/or formulations of products supplied to us by our suppliers are changed and the information we provide may be inaccurate for a period of time until we are notified by the supplier of the changes and are in a position to update the product information contained on this site. We therefore recommend that in all cases you check the product packaging carefully before using or consuming any products, rather than relying solely on any information provided by us on this site. Please also see our terms and conditions.