



White's Speedicook Oat Flakes (12.5kg)

Additional Information

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| Product Code | 140300 |
| Product Description | Whites Oatflakes 23 (40 x 12.5kg) Speedicook Porridge oats have been at the heart of family life for many generations because of their simple, sustaining and delicious goodness. You can enjoy them in many ways: cook with them, bake with them, or savour their warmth in a nourishing bowl of porridge. |
| Height (mm) | 148.0000 |
| Length (mm) | 552.0000 |
| Width (mm) | 436.0000 |
| Outer EAN 1 | 5011371000327 |
| Storage Type | Ambient |
| Brand | White's |

Ingredients

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|-------------|-----------|
| Ingredients | Oatflakes |
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Dietary Information

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| 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

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|---|------|
| Carbohydrate Per 100g (g) | 71.2 |
| Carbohydrate of which Sugars per 100g (g) | 1.2 |
| Fat per 100g (g) | 6.3 |
| Fat of which Saturates per 100g (g) | 1.05 |
| Fibre per 100g | 9 |
| Energy per 100g (kcal) | 368 |
| Energy per 100g (kJ) | 1551 |
| Protein per 100g (g) | 11.1 |
| Salt per 100g (g) | 0.03 |

Disclaimer:

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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.

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