



Flahavan's Porridge Oats (1x25kg)

Additional Information

Product Code	635303
Product Description	Oat flakes produced from pinhead which have been cooked and flaked / rolled. A bowl of Flahavan's is all about taste. Creating that taste starts with sourcing the finest quality oats. Our mill, situated in a small village in Waterford, has been an independent family business for over 200 years. We use milling techniques handed down over the generations to create perfect porridge oats. A delicious, creamy breakfast
Height (mm)	228.0000
Length (mm)	598.0000
Width (mm)	498.0000
Outer EAN 1	5099801010108
Storage Type	Ambient
Brand	Flahavan's

Ingredients

Ingredients	Wholegrain Rolled Oats
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Dietary Information

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)	64
Carbohydrate of which Sugars per 100g (g)	0.9
Fat per 100g (g)	5.8
Fat of which Saturates per 100g (g)	1
Fibre per 100g	8.3
Energy per 100g (kcal)	371
Energy per 100g (kJ)	1566
Protein per 100g (g)	11
Salt per 100g (g)	<0.01

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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