



Quaker Oats So Simple Express Pots Apple & Blueberry - 8x57g

Product Disclaimer:

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Product Images



Allergens

Celery	No
Gluten	Yes
Crustacea	No
Eggs	No
Fish	No
Lupin	No
Milk	Yes
Molluscs	No
Mustard	No
Nuts	No
Peanuts	No
Sesame	No
Soybeans	May Contain
Sulphites	No

Ingredients

Ingredients	Quaker Rolled OATS (67%), Skimmed MILK Powder, Sugar, Salt, Natural Flavourings, Anticaking Agent (Calcium Phosphate)
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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	No

Nutritional Information

Carbohydrate Per 100g (g)	63 g
Carbohydrate of which Sugars per 100g (g)	22 g
Fat per 100g (g)	5.5 g
Fat of which Saturates per 100g (g)	1.1 g
Fibre per 100g	6.4 g
Energy per 100g (kcal)	372 kcal
Energy per 100g (kJ)	1569 kJ
Protein per 100g (g)	15 g
Salt per 100g (g)	0.45 g