



## Kellogg's Bran Flakes - 4x500g

### Product Disclaimer:

Whilst every care has been taken to ensure this information is correct, the data contained here has been supplied by the respective brand owners and Creed Foodservice is not responsible for the accuracy or completeness of this data. The information is provided in good faith but is for general information purposes only. Creed Foodservice does not manufacture the product. To ensure that you have the most up-to-date information please check the product label on delivery. For more information, please see our full allergen disclaimer or email [customerservicehelpdesk@creedfoodservice.co.uk](mailto:customerservicehelpdesk@creedfoodservice.co.uk)

### Product Images



## Allergens

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

## Ingredients

Ingredients	WHOLEWHEAT (59%), WHEAT bran (18%), WHOLEWHEAT flour, sugar, BARLEY malt extract, glucose syrup, salt, natural flavouring, VITAMINS & MINERALS: Niacin, iron, vitamin B6, riboflavin, thiamin, folic acid, vitamin D, vitamin B12.
-------------	--

## Dietary Information

Approved for a Halal Diet	Yes
Approved for a Kosher Diet	Yes
Suitable for Coeliacs	No
Suitable for Lactose-Free Diet	Yes
Suitable for a Vegan Diet	No
Suitable for a Vegetarian Diet	Yes

Nutritional Information

Carbohydrate Per 100g (g)	65 g
Carbohydrate of which Sugars per 100g (g)	14 g
Fat per 100g (g)	2.2 g
Fat of which Saturates per 100g (g)	0.4 g
Fibre per 100g	17 g
Energy per 100g (kcal)	358 kcal
Energy per 100g (kJ)	1509 kJ
Protein per 100g (g)	11 g
Salt per 100g (g)	0.66 g