



## Quaker Oats So Simple Express Pot Original - 8x45g

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### Product Images



## Allergens

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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

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Ingredients	Quaker Rolled <b>Oats</b> (77%), Skimmed <b>Milk</b> Powder, Anticaking Agent (Calcium Phosphate)
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## Nutritional Information

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Carbohydrate Per 100g (g)	57 g
Carbohydrate of which Sugars per 100g (g)	12 g
Fat per 100g (g)	5.8 g
Fat of which Saturates per 100g (g)	0.8 g
Fibre per 100g	7 g
Energy per 100g (kcal)	365 kcal
Energy per 100g (kJ)	1540 kJ
Protein per 100g (g)	17 g
Salt per 100g (g)	0.15 g