



## Ready Brek Porridge Oats Cereal - 6x450g

### Product Disclaimer:

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### Product Images



## Allergens

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

## Ingredients

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Ingredients	Wholegrain Rolled OATS (60%), Wholegrain OAT Flour (38%), Calcium, Niacin, Iron, Riboflavin (B2), Vitamin B6, Thiamin (B1), Folic Acid, Vitamin D, Vitamin B12.
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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	No
Suitable for a Vegan Diet	No
Suitable for a Vegetarian Diet	Yes

## Nutritional Information

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Carbohydrate Per 100g (g)	58 g
Carbohydrate of which Sugars per 100g (g)	1 g
Fat per 100g (g)	8.7 g
Fat of which Saturates per 100g (g)	1.2 g
Fibre per 100g	7.9 g
Energy per 100g (kcal)	374 kcal
Energy per 100g (kJ)	1575 kJ
Protein per 100g (g)	12 g
Salt per 100g (g)	0.03 g