



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

### Product Disclaimer:

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### Product Images



## Additional Information

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Product Code	294470
Outer EAN 1	5000108575443

## Allergens

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Celery/Celery	No
Contains Cereals Containing Gluten	No
Crustacea	No
Eggs	No
Fish	No
Lupin	No
Milk	Yes
Molluscs	No
Mustard	No
Nuts	No
Peanuts	No
Sesame Seeds	No
Soybeans	May Contain
Sulphur Dioxide and Sulphites	No

## Ingredients, Storage & Usage

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Directions For Use	Only 2 mins to perfect porridge 1. Gently mix dry ingredients with a spoon 2. Add boiling water up to the line on the inside of the pot (170ml) 3. Stir thoroughly straight away, and continue to stir for about 1530 seconds 4. Place lid back on pot and leave to stand for a further minute 5. Stir again, and enjoy Product not suitable for microwaving Product may be hot to hold.
Ingredients	quaker rolled oats (61%), skimmed milk powder, sugar, natural flavouring
Storage Instructions	Store in a cool dry place For Best Before, see base of pot
Storage Type	Ambient

## Dietary Information

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Approved for a Halal Diet	No
Approved for a Kosher Diet	No
Suitable for a Vegan Diet	No
Suitable for a Vegetarian Diet	Yes
Suitable for Coeliacs	No
Suitable for Sufferers of Lactose Intolerance	No

## Nutritional Information

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Carbohydrate of which Sugars per 100g (g)	28
Carbohydrate Per 100g (g)	65
Energy per 100g (kcal)	375
Energy per 100g (kj)	1584
Fat of which Saturates per 100g (g)	1
Fat per 100g (g)	5
Protein per 100g (g)	14
Salt per 100g (g)	0.3