Supplier's Product Code :   5050665033856
Product Added :   03 July 2024
Last Updated by Supplier :   03 July 2024
erudus id :   3701c496d6c048dcaf5ad0f3aa973e51

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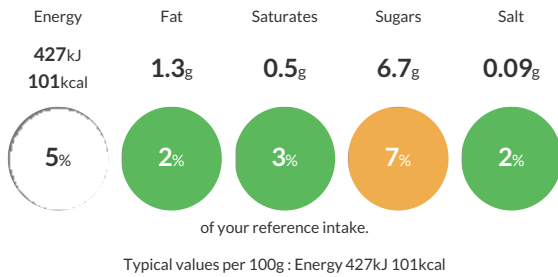# OAT BURST Instant Porridge Apple & Blueberry 57g e

Short Product Name:
Porridge Apple & Blueberry

Instant oat porridge with dried apple and blueberry flavour.

Traded Unit GTIN: 05050665033856   Internal GTIN: Supplier : Symington's Ltd   Suppliers Product Code : 5050665033856

Reference Intake

Each 100g portion contains:

	Energy	Fat	Saturates	Sugars	Salt
	427kJ **101**kcal	**1.3**g	**0.5**g	**6.7**g	**0.09**g
	5%	2%	3%	7%	2%

of your reference intake.

Typical values per 100g : Energy 427kJ 101kcal

Nutritional Information

Typical Values	Per 100g
Energy	427kJ 101kCal
Carbohydrates	17.4g
of which sugars	6.7g
Fat	1.3g
of which saturates	0.5g
Fibre	-g
Protein	3.9g
Salt	0.09g

Allergy Information

Key: Contains   May Contain

Contains Cereal/Gluten	Contains Milk	Does Not Contain Eggs	Does Not Contain Peanuts	Does Not Contain Nuts	Does Not Contain Crustaceans	Does Not Contain Mustard
Does Not Contain Fish	Does Not Contain Lupin	Does Not Contain Sesame	Does Not Contain Celery	May Contain Soya	Does Not Contain Molluscs	Does Not Contain Sulphur Dioxide

Dietary Information

Key: Suitable for

Suitable for Vegetarian	May not be suitable for Vegan	May not be suitable for Kosher	May not be suitable for Halal	NO DATA for Coeliac

Allergen Statement
For allergens, including cereals containing gluten, see ingredients in **BOLD**.
May also contain soya and other gluten sources.

Ingredients

OAT Flakes (65%), Skimmed MILK Powder, Sugar, Dried Apple (1.2%), Sweetened Dried Blueberries [Blueberries, Sugar] (1.2%), Natural Flavourings.