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Last Updated by Supplier :  
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10569  
07 June 2019  
15 November 2022  
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## Thin Porridge Oats 8x1kg

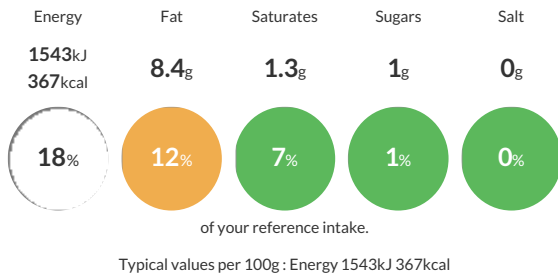
Short Product Name:  
Thin Porridge Oats

Characteristic Thin Oatflakes produced from cleaned pinhead (cut) whole oats with a thickness of c. 11 thousandths of an inch. The product is stabilised to prevent enzymic rancidity development.

Traded Unit GTIN: - Internal GTIN: Supplier: Alara Wholefoods Ltd Suppliers Product Code: 10569

### Reference Intake

Each 100g portion contains:



### Nutritional Information

Typical Values	Per 100g
Energy	1543kJ 367kCal
Carbohydrates	56.1g
of which sugars	1g
Fat	8.4g
of which saturates	1.3g
Fibre	9.1g
Protein	12.1g
Salt	0g

### Allergy Information

Key: Contains May Contain



#### Gluten Claim

Gluten content is less than 20ppm.

### Ingredients

100% Wholegrain OATflakes

### Dietary Information

Key: Suitable for

