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Kellogg's Bran Flakes Portion Pack 40x40g

Short Product Name: Bran Flakes Cereal

Kellogg's Bran Flakes are deliciously crunchy, wholesome flakes made with natural wheat bran fibre. They are also a source of protein and provide 8 essential vitamins and minerals. Naturally high in fibre, so you know that you are making the right choice for your digestive health and the best part is that they are simply delicious.

Traded Unit GTIN: 5050083394157 Internal GTIN: 5050083394140 Supplier: Kellanova (Kellogg's) Suppliers Product Code: 5139415000

Reference Intake



Typical values per 100g : Energy 1509kJ 358kcal

Nutritional Information

| Typical Values | Per 100g |
|--------------------|-------------------|
| Energy | 1509kJ 358kCal |
| Carbohydrates | 65g |
| of which sugars | 14g |
| Fat | 2.2g |
| of which saturates | 0.4g |
| Fibre | 17g |
| Protein | 11g |
| Salt | 0.66g |

Allergy Information



Dietary Information



Allergen Statement Contains: BARLEY, WHEAT

Ingredients

WHOLEWHEAT (59%), WHEAT bran (18%), WHOLEWHEAT flour, sugar, BARLEY malt extract, glucose syrup, salt, natural flavouring, Niacin, iron, vitamin B6, riboflavin, thiamin, folic acid, vitamin D, vitamin B12.