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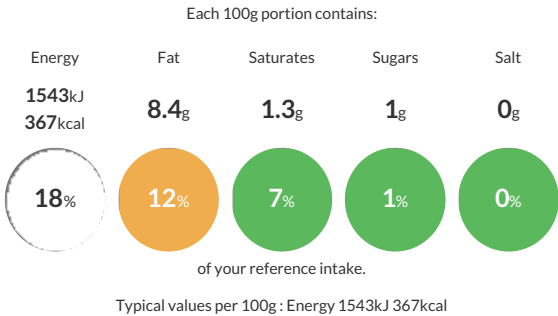
Thin Porridge Oats 8x1kg

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 Limited](#) Suppliers Product Code : [10569](#)

Reference Intake



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


Contains
Cereal/Gluten


May Contain
Milk


Does Not
Contain
Eggs


May Contain
Peanuts


May Contain
Nuts


Does Not
Contain
Crustaceans


Does Not
Contain
Mustard


Does Not
Contain
Fish


Does Not
Contain
Lupin


May Contain
Sesame


Does Not
Contain
Celery


May Contain
Soya


Does Not
Contain
Molluscs


May Contain
Sulphur
Dioxide

Dietary Information

Key: Suitable for


Suitable for
Vegetarian


Suitable for
Vegan


May not be
suitable for
Kosher


May not be
suitable for
Halal


NO DATA for
Coeliac

Ingredients

100% Wholegrain OATflakes