



300497C Fruit 'n' Fibre (Kellogg's)



Pack Size: 6 X 500G

Details: Wholewheat flakes with raisins, coconut, banana, apple and hazelnuts.

Allergen Information

Contains:

Cereal, Nuts

Free from:

Celery, Crustaceans, Eggs, Fish, Milk, Molluscs, Mustard, Lupin, Peanuts, Sesame, Sulphur Dioxide, Soya

Suitable for:

Vegetarians

Handling Information

Directions For Use:

Eat as directed

Storage Instructions:

Store in a cool dry place.

Product Ingredients

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WHOLEWHEAT (69%), dried fruit and HAZELNUTS (26%) (raisins, sultanas, coconut, banana {banana, coconut oil, sugar}, apple, HAZELNUTS), sugar, BARLEY malt extract, salt, niacin, iron, vitamin B6, riboflavin, thiamin, folic acid, vitamin D, vitamin B12.

Nutritional Information

Typical Values per 100g/ml:

Based on a reference intake of an average adult (8400kJ/2000kCal) diet

Energy:

380 kcal / 1603 kJ

Fat:

6 g

of which saturates:

3.5 g

Carbohydrates:

69 g

of which sugars:

24 g

Fibre:

9 g

Protein:

8 g

Salt:

1 g



All product information is correct at time of upload. Information may change so please check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging or speak with our QA Department.