

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

Product Ingredients:

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 q

Carbohydrates:

69 g

of which sugars:

24 g

Fibre:

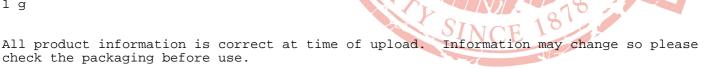
9 g

Protein:

8 q

Salt:

1 g



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