



## 300514C Bran Flakes Portion Packs (Kellogg's)



Pack Size: 40 X 40G

**Details:** Made from deliciously crunchy bran enriched wheat and oat flakes. A simple high source of fibre with great versatility. Why not mix it up and try them with fruit and yoghurt?

### Allergen Information

**Contains:**

Cereal

**Free from:**

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

**Suitable for:**

Kosher, Halal, Vegetarians

### Handling Information

**Directions For Use:**

Eat as directed

**Storage Instructions:**

Store in a cool dry place.

### Product Ingredients

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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.

### Nutritional Information

**Typical Values per 100g/ml:**

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

**Energy:**

358 kcal / 1509 kJ

**Fat:**

2.2 g

**of which saturates:**

0.4 g

**Carbohydrates:**

65 g

**of which sugars:**

14 g

**Fibre:**

17 g

**Protein:**

11 g

**Salt:**

0.66 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.

