



## 310129C Quaker PorridgeTo Go Golden Syrup Breakfas



Pack Size: 12 X 55G

**Details:** Made with 100% wholegrain oats these baked porridge bars are a tasty, ready-to-eat breakfast for Quaker lovers with tight schedules and busy mornings. Porridge in your pocket with the tasty flavour of golden syrup. Enjoy a breakfast bar on the way to the office or heat-and-eat when you get there. Each bar has the same amount of oats as a bowl of porridge made with a 27g sachet of

### Allergen Information

**Contains:**

Cereal, Nuts, Milk, Soya

**Free from:**

Fish, Lupin, Crustaceans, Molluscs, Mustard, Celery, Sesame, Sulphur Dioxide, Eggs

**May contain:**

Peanuts

### Handling Information

**Directions For Use:**

This pack contains 1 serving

**Storage Instructions:**

Store in a cool dry place

### Product Ingredients

**Product Ingredients:**

Wholegrain rolled **OAT** flakes (35%), Wholegrain **OAT** flour (17%), Oligofructose, Sunflower Oil, Cereal Crisps (Rice flour, **OAT** flour, Sugar, Calcium carbonate, **BARLEY** malt extract), Golden syrup (7%), Humectant (Glycerol), Brown sugar, Modified starch, **ALMOND** flour, Skimmed **MILK**

### Nutritional Information

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

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

**Energy:**

407 kcal / 1710 kJ

**Fat:**

13 g

**of which saturates:**

1.5 g

**Carbohydrates:**

62 g

**of which sugars:**

12 g

**Fibre:**

10 g

**Protein:**

6.5 g

**Salt:**

0.53 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.