

Flahavans Quick Oats Pot Microwave

1 1/2 mins or add hot water Just add boiling water or micro & go! Hot oat cereal Source of wholegrain Source of protein and fibre Low in saturated fat and salt

Ingredients:

Wholegrain Rolled **Oats** (84%), Sugar, Skimmed **Milk** Powder

Storage:

For Best Before, see lid. Store in a cool dry place.

Manufacturer address

Produced by: E. Flahavan & Sons Limited, Kilnagrange Mills, Kilmacthomas, Co. Waterford, Ireland.

Country of origin

Ireland

Allergy statement:

For allergens including cereals containing gluten, see ingredients in **bold**.

Contains: **Milk (inc. Cheese)**, **Oats** and **Cereals Containing Gluten** .

Nutrition:	Per 44g Serving	Per 100g
Energy (kJ)	693	1574
Energy (kcal)	164	373
Fat (g)	2.2	4.9
- of which saturates (g)	0.4	0.8
Carbohydrate (g)	30	67
- of which sugars (g)	6.2	14
Fibre (g)	3.1	6.9
Protein (g)	5.2	12
Salt (g)	0.03	0.08

PRODUCT INFORMATION

- PRODUCT NAME:Flahavan's Quick Oats Pot
- PRODUCT BRAND:Flahavan's
- SKU:533033
- EAN CODE:5099801005005
- case
- VAT:0.0%