

Flahavans Quick Oats Strawberry 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** (80%), Sugar, Skimmed **Milk** Powder, Freeze Dried Strawberry Pieces (3%), Natural Flavouring

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 46g Serving Per 100g	
Energy (kJ)	723	1571
Energy (kcal)	171	372
Fat (g)	2.2	4.8
- of which saturates (g)	0.4	0.8
Carbohydrate (g)	31	67
- of which sugars (g)	7.4	16
Fibre (g)	3.2	6.9
Protein (g)	5.3	12
Salt (g)	0.05	0.1

PRODUCT INFORMATION

- PRODUCT NAME:Flahavan's Quick Oats Strawberry
- PRODUCT BRAND:Flahavan's
- SKU:744880
- EAN CODE:5099801005043
- case
- VAT:0.0%