

Nutrition

	per 100g	per 125g
Energy	1508kJ/359kcal	1885kJ/448kcal
Fat	11g	13g
of which Saturates	2.8g	3.5g
Carbohydrate	46g	57g
of which Sugars	36g	45g
Protein	5.6g	7.0g
Salt	0.04g	0.05g

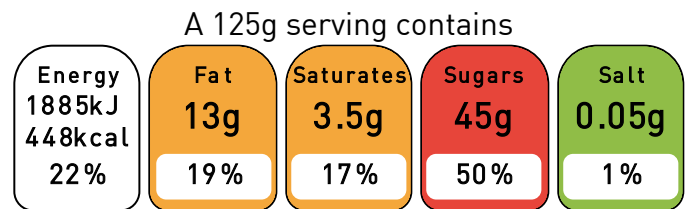
Ingredient Declaration

Oat Flakes [**Wheat, Rye, Barley, Spelt**], Brown Sugar, Invert Sugar Syrup (White Sugar, Cane Sugar, Water), Sultanas [**Sesame, Sulphites**], Vegetable Oils (Palm, Rapeseed), Raisins, Toasted Coconut [**Sulphites**], Whole Hazelnuts, Lwp Cashews [**Nuts**], Whole Almonds [**Nuts**], Raw Coconut Slices [**Sulphites**], Banana Chips, Jumbo Black Raisins [**Nuts**], Salt, Emulsifier (E475), Colours (E100, E160b), Flavouring

Allergens

- Contains Gluten
- Contains Wheat
- Contains Rye
- Contains Barley
- Contains Oats
- Contains Spelt
- Suitable for Vegans and Vegetarians
- Contains Nuts
- Contains Sesame
- Contains Sulphites

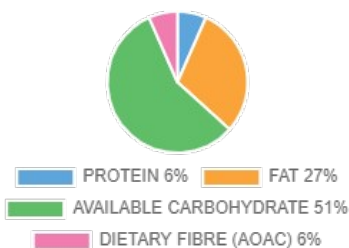
Front of Pack



of an adult's reference intake

Typical values per 100g: 1508kJ/359kcal

Energy Contributions



EU Reference Intakes

Per 100g		RI Quantity	% RI	
Energy	kJ	8400	1508	18%
Total Fat	g	70.0	10.7	15%
Saturates	g	20.0	2.8	14%
Carbohydrate	g	260.0	45.6	18%
Sugars	g	90.0	35.7	40%
Protein	g	50.0	5.6	11%
Salt	g	6.0	0	1%

