

## Nutrition

	per 100g	per 125g
Energy	1600kJ/381kcal	2000kJ/476kcal
Fat	14g	17g
of which Saturates	4.2g	5.3g
Carbohydrate	47g	59g
of which Sugars	37g	47g
Protein	4.8g	6.0g
Salt	0.26g	0.32g

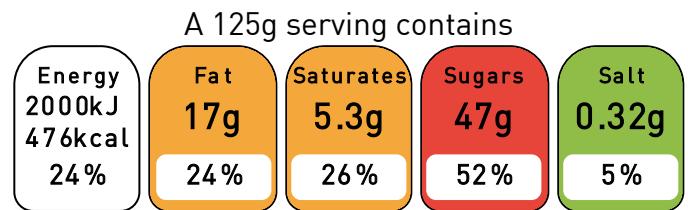
## Ingredient Declaration

Oat Flakes [**Wheat, Rye, Barley, Spelt**], Sugar, Brown Sugar, Invert Sugar Syrup (White Sugar, Cane Sugar, Water), Vegetable Oils (Palm, Rapeseed), Sugar, Sweetened Condensed Milk (**Milk**, Sugar), Palm Fat, Glucose Syrup (Preservative Sulphur Dioxide) [**Sulphites**], Full Cream Milk Powder, Cocoa Butter, Cocoa Mass, Salt, Rapeseed Oil, Emulsifier (**Soya** Lecithin), Whey Powder [**Milk**], Non Hydrogenated Vegetable Fat (Palm Oil), Colour, (Curcumin, Annatto Bixin), Emulsifier, (**Soya** Lecithin), Emulsifier (E475), Colours (E100, E160b), Vanilla Flavour, Flavouring

## Allergens

- Contains Gluten !
- Contains Wheat !
- Contains Rye !
- Contains Barley !
- Contains Oats !
- Contains Spelt !
- Suitable for Vegetarians
- Contains Soybeans !
- Contains Milk !
- Contains Sulphites !

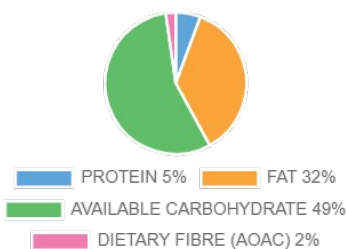
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of an adult's reference intake

Typical values per 100g: 1600kJ/381kcal

## Energy Contributions



## EU Reference Intakes

Per 100g		RI Quantity	% RI
Energy	kJ	8400	19%
Total Fat	g	70.0	20%
Saturates	g	20.0	21%
Carbohydrate	g	260.0	18%
Sugars	g	90.0	41%
Protein	g	50.0	10%
Salt	g	6.0	4%