



# Mornflake Organic Oats (1kg)

## Product Images



## Additional Information

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SKU	BRK216
Ingredients	Mornflake Organic OATFLAKES(100%)

## Storage

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Storage Type	Ambient
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## Allergens

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Celery	No
Gluten	Yes
Crustacea	No
Eggs	No
Fish	No
Lupin	No
Milk	No
Molluscs	No
Mustard	No
Nuts	No
Peanuts	No
Sesame	No
Soybeans	No
Sulphites	No

## Dietary Information

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Approved for a Halal Diet	No
Approved for a Kosher Diet	No
Suitable for Coeliacs	No
Suitable for Lactose-Free Diet	Yes
Suitable for a Vegan Diet	Yes
Suitable for a Vegetarian Diet	Yes

## Nutritional Information

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Carbohydrate Per 100G	56.1
Carbohydrate of Which Sugars Per 100G	1
Fat Per 100G	8.4
Fat of Which Saturates Per 100G	1.3
Fibre Per 100G	9.1
Energy Kcal Per 100G	367
Energy Kj Per 100G	1543
Protein Per 100G	12.1
Salt Per 100G	0.01

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