

31719 | Nature Valley | 18-42g

Nature Valley Canadian Oats & Honey Bar

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Description

Brand Name	Nature Valley
Country of Origin	Spain

Ingredients

Ingredients	Whole grain rolled oats (59%), sugar, sunflower oil, honey (2%), salt, molasses, emulsifier: sunflower lecithin, raising agent: sodium bicarbonate. CONTAINS OATS. MAY CONTAIN PEANUTS, TREE NUTS AND SOY INGREDIENTS.
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

Nutrition

Servings per Consumer Unit (Inner)	18
Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	1908 kJ
Energy (Kilocalories)	456 kcal
Fat, Total	17.2 g
Saturated	2.4 g
Carbohydrate	64.5 g
Sugars	28.3 g
Dietary Fibre, Total	5.6 g
Protein, Total	8.1 g
Salt	0.82 g
Sodium	328 mg

Allergens

Cereals containing Gluten (and products thereof)	Contains
Wheat (as an ingredient)	Does NOT Contain
Rye (as an ingredient)	Does NOT Contain
Barley (as an ingredient)	Does NOT Contain
Oats (as an ingredient)	Contains
Crustaceans (and products thereof)	Does NOT Contain
Egg and Egg Products	Does NOT Contain
Fish and Fish Products	Does NOT Contain
Peanut and Peanut Products	May Contain
Soybean and Soybean Products	May Contain
Milk and Milk Products	Does NOT Contain
Tree Nuts (and products thereof)	May Contain
Almonds (as an ingredient)	Does NOT Contain
Hazelnuts (as an ingredient)	Does NOT Contain
Walnuts (as an ingredient)	Does NOT Contain
Cashews (as an ingredient)	Does NOT Contain
Pecan nuts (as an ingredient)	Does NOT Contain
Brazil nuts (as an ingredient)	Does NOT Contain
Pistachio nuts (as an ingredient)	Does NOT Contain
Macadamia or Queensland nuts (as an ingredient)	Does NOT Contain
Celery / Celeriac (and products thereof)	Does NOT Contain
Mustard (and products thereof)	Does NOT Contain
Sesame Seeds and Sesame Seed Products	Does NOT Contain
Sulphur Dioxide and Sulphites (>10mg/kg)	Does NOT Contain
Lupin (and products thereof)	Does NOT Contain
Molluscs (and products thereof)	Does NOT Contain

Dietary Information

Halal Certified	Yes
Kosher Certified	No
Suitable for Vegan	No
Suitable for Vegetarian	Yes
Organic Certificate	No Organic certificate
Can any Ethical or Fairly traded claims be made?	No ethical or fairtrade claim
Can any other sustainability claims be made for this product?	none
Does any other assurance scheme apply to this product?	No assurance scheme

Preparation Suggestions

Is the product ready to eat?	Ready to eat.
Oven	
Oven From Frozen	
Microwave Instructions	
Fry	
Grill	
Other	

Packaging

Do you have any packaging environmental claims?

No environmental packaging claim