

40126 | Everyday Favourites | 2kg

## Everyday Favourites Porridge Oats

100% Rolled Oats

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### Description

Legal Product Name	Porridge Oats
Unique Marketing Statement	100% Rolled Oats
Brand Name	Everyday Favourites
Country of Origin	United Kingdom

### Ingredients

Ingredients	Oat Flakes
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

### Nutrition

Servings per Consumer Unit (Inner)	50
Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	1543 kJ
Energy (Kilocalories)	367 kcal
Fat, Total	8.4 g
Saturated	1.3 g
Carbohydrate	56.1 g
Sugars	1 g
Dietary Fibre, Total	9.1 g
Protein, Total	12.1 g
Salt	0.003 g
Sodium	1 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	Does NOT Contain
Soybean and Soybean Products	Does NOT Contain
Milk and Milk Products	Does NOT Contain
Tree Nuts (and products thereof)	Does NOT 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	Yes
Suitable for Vegan	Yes
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?	No
Other	Add 40g oats per serving to a saucepan. Combine with 285ml (1/2 pint) of cold water per serving. Bring to the boil stirring continuously. Simmer for 1 minute. Allow to cool for one minute before serving. For a creamier porridge replace the water with milk, or use half water and half milk. Add salt or sugar to taste as required.

## Packaging

Do you have any packaging environmental claims?	Case is recyclable and contains recycled material
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