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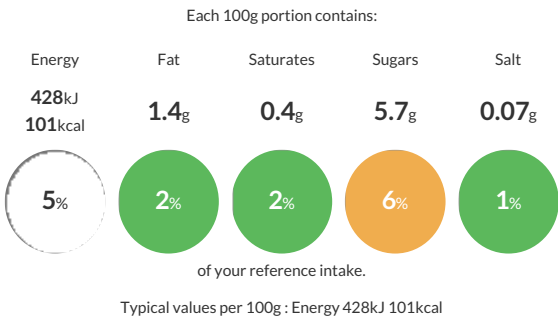
# OAT BURST Instant Porridge Golden Syrup Flavour 57g e

Short Product Name:  
Porridge Golden Syrup Flavour

Instant golden syrup flavour oat porridge

Traded Unit GTIN: 05050665033269 Internal GTIN: 5050665033276 Supplier : Symington's Limited Suppliers Product Code : 5050665033269

## Reference Intake





## Nutritional Information


Typical Values	Per 100g
Energy	428kJ 101kCal
Carbohydrates	17.4g
of which sugars	5.7g
Fat	1.4g
of which saturates	0.4g
Fibre	2.1g
Protein	3.7g
Salt	0.07g


## Allergy Information


Key: Contains May Contain


  
Contains Cereal/Gluten


  
Contains Milk


  
Does Not Contain Eggs


  
Does Not Contain Peanuts


  
Does Not Contain Nuts


  
Does Not Contain Crustaceans


  
Does Not Contain Mustard


  
Does Not Contain Fish


  
Does Not Contain Lupin

  
Does Not Contain Sesame

  
Does Not Contain Celery

  
Does Not Contain Soya

  
Does Not Contain Molluscs

  
Does Not Contain Sulphur Dioxide

**Allergen Statement**  
For allergens, including cereals containing gluten, see ingredients in **BOLD**  
Also contains other gluten sources (Rye, Wheat, Barley, Spelt)

## Ingredients

OAT Flakes (70%), Skimmed MILK Powder, Sugar, Flavourings

## Dietary Information

Key: Suitable for

  
Suitable for Vegetarian

  
May not be suitable for Vegan

  
May not be suitable for Kosher

  
May not be suitable for Halal

  
NO DATA for Coeliac