

Supplier's Product Code :  
Product Added :  
Last Updated by Supplier :  
erudus id :

10210  
31 March 2026  
31 March 2026  
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## Somerset Fruit and Fibre Muesli

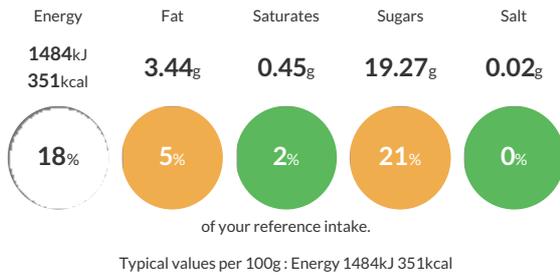
Short Product Name:  
Somerset Fruit and Fibre Muesli

A mix of flakes and dried fruits

Traded Unit GTIN:  Internal GTIN: Supplier: **Alara Wholefoods Limited** Suppliers Product Code: **10210**

### Reference Intake

Each 100g portion contains:



### Nutritional Information

Typical Values	Per 100g
Energy	1484kJ 351kCal
Carbohydrates	67.85g
of which sugars	19.27g
Fat	3.44g
of which saturates	0.45g
Fibre	7.98g
Protein	8.24g
Salt	0.02g

### Allergy Information

Key: **Contains** **May Contain**



### Dietary Information

Key: **Suitable for**



### Ingredients

<b>Wheat</b> Flakes(28.74%),<b>Oats</b> Jumbo(28.74%)  
Sultanas [Sultana99.5%, sunflower oil 0.5%](17.96%)  
Malted <b>Wheat</b> Flakes [Apricots Chopped [Apricots96.8%, rice flour3%, <b>Sulphur dioxide</b> (E220) 0.2%](3.59%)  
Dates Chopped [Dates 97%, rice flour3%](3.02%)