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

10210 08 November 2018 03 April 2023 ef7efa2638584f01885b316b2fb76368



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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 Ltd Suppliers Product Code: 10210

Reference Intake

Each 100g portion contains:

Energy	Fat	Saturates	Sugars	Salt	
1445.91 kJ 342.1 kcal	2.88 g	0.37 g	17.51 g	0.02 g	
17%	4%	2%	19%	0%	
of your reference intake.					

Typical values per 100g: Energy 1445.91kJ 342.1kcal

Nutritional Information

Typical Values	Per 100g
Energy	1445.91kJ 342.1kCal
Carbohydrates	65.98g
of which sugars	17.51g
Fat	2.88g
of which saturates	0.37g
Fibre	8.86g
Protein	8.62g
Salt	0.02g

Allergy Information





Cereal/Gluten



Does Not Eggs



May Contain



Does Not



Does Not Crustaceans

Contain Mustard

Dietary Information





Vegan







Does Not





Sulphu

May Contain Does Not May Contain Does Not Contain Contain Contain Fish

Ingredients

 $\textbf{WHEAT}\ Flakes\ (28.78\%), \textbf{OATS}\ Jumbo\ (28.78\%), \textbf{Sultanas}\ (Sultanas\ (Vegetable\ oil)\ (14.39\%), \textbf{Malted}\ \textbf{WHEAT}\ Flakes\ (\textbf{WHEAT}\ Flakes\ (\textbf{WHEAT}\ Flakes\ (\textbf{MEAT}\ (\textbf{99.5\%}), \textbf{Malt}\ (\textbf{BARLEY})\ (0.5\%))\ (14.39\%), \textbf{RYE}\ Flakes\ (3.60\%), \textbf{Apricots}\ Chopped\ (\textbf{Sultanas}\ (\textbf{Sultanas$ (Apricots, Rice flour, Preservative: SULPHUR DIOXIDE) (3.60%), Dates Chopped (Dates, Rice Flower) (2.88%).