

# THE CLEAN KILO

ZERO WASTE

SUPERMARKET



## PORRIDGE OATS ORGANIC

£0.21/100G

ORIGIN: UK

## Nutrition Facts

Serving Size 100 g

Amount Per Serving

Calories 389

% Daily Value

Total Fat 6.9g 11 %

Saturated Fat 1.2g 6 %

Sodium 2mg 0 %

Total Carbohydrate 66g 22 %

Dietary Fiber 11g 44 %

Protein 17g 34 %

Vitamin A 0 % • Vitamin C 0 %

Calcium 5 % • Iron 26 %

Daily values are based on 2000 calorie diet.

INGREDIENTS: Oats

STORAGE: Store in an airtight, cool, dry and hygienic condition away from direct light and odours.

SHELF LIFE: Please see dispenser for BB date.

COOKING INSTRUCTIONS: Place oats in a small saucepan, cover with cold water or milk, bring gently to the boil and simmer for 2-3 mins.

ORGANIC: GB-ORG-04; GB-ORG-02

ALLERGENS: Cereals containing gluten: wheat, rye, barley, oats, spelt, kamut or their hybridised strains.

ALLERGEN STATEMENT: Where products are indicated as not having an allergen present this refers to the product not being formulate or wholly derived from the particular ingredient. Allergen handling policies and procedures are in place through the supply chain to reduce the likelihood of cross contamination from allergens, however this cannot be guaranteed.

NOTE: The information is considered to be true and correct at the date of publication, changes in circumstances (i.e change of supplier/price etc) after the time of publication may impact on the accuracy of the information. We will endeavour to update any changes as frequently as possible. Publication last updated 22.08.19.

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