



Ready Brek Original Sachet 30g (32 Pack)

Product Images



Additional Information

Brand	Ready Brek
Suitable For	Vegetarian, Kosher
Does Not Contain	Celery, Crustacea, Eggs, Fish, Molluscs, Mustard, Nuts, Peanuts, Sesame, Soybeans, Sulphites, Lupin

Storage

Temperature	Ambient
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Ingredients

Ingredients	Wholegrain Rolled Oats (60%) Wholegrain Oat Flour (38%) Calcium Niacin Iron Riboflavin (B2) Vitamin B6 Thiamin (B1) Folic Acid Vitamin D Vitamin B12
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Allergens

Celery	No
Gluten	Yes
Crustacea	No
Eggs	No
Fish	No
Lupin	No
Milk	May Contain
Molluscs	No
Mustard	No
Nuts	No
Peanuts	No
Sesame	No
Soya	No
Sulphites	No

Dietary Information

Approved for a Halal	No
Approved for a Kosher Diet	Yes
Suitable for Coeliacs	No
Suitable for Lactose-Free Diet	No
Suitable for a Vegan	No
Suitable for a Vegetarian	Yes

Carbs per 100g (g)	58 g
Carbs of which Sugars per 100g (g)	1 g
Fat per 100g (g)	8.7 g
Fat of which Saturates per 100g (g)	1.2 g
Fibre per 100g	7.9 g
Energy per 100g (kcal)	374 kcal
Energy per 100g (kj)	1575 kj
Protein per 100g (g)	12 g
Salt per 100g (g)	0.03 g

While every care has been taken to ensure this information is correct, food products are constantly being reformulated and nutrition content may change. We would therefore recommend that you do not rely solely on this information and always check product labels. This does not affect your statutory rights. We do not accept liability for any inaccuracies or incorrect information contained on this site.

Nutritional Information