


Brand: Kelkin **Issue Number:** 1

Product Name: Kelkin Gluten Free Rice & Millet Porridge **Product Code:** KK390

Declared Weight: Net: 500g **Issued By:** B Ryan
 Drained: N/A
 Multi-Pack: N/A **Date:** 30.04.24

Green Dot logo: Yes 

Packaging Format: Box & inner PP Bag

<p>Product Name: Gluten Free Rice & Millet Porridge</p>
<p>Claims:</p> <ul style="list-style-type: none"> ✓ Gluten Free ✓ Source of Fibre ✓ No added sugar** **Contains only naturally occurring sugars. ✓ Naturally low in salt ✓ Suitable for Vegetarians and Vegans <p>Cross Grain Symbol & Reference: IE-003-027</p>
<p>Ingredient List: Brown Rice Flakes (92.4%), Millet Flakes (7.6%), Stabiliser: Guar Gum.</p>
<p>Allergen Advice: Produced in a facility that handles nuts and sesame seeds.</p>
<p>Storage Instructions: Store in a cool, dry place. Once opened, reseal inner bag to maintain freshness or store in an airtight container and consume within 2 months.</p>
<p>Cooking Instructions: One serving – 45g porridge with 200ml water or your preferred dairy or plant based drink.</p> <p><u>Microwave:</u> Mix 45g porridge with 200ml water or milk in microwavable bowl. Place in microwave and heat on full power for 1 minute. Stir, then continue to heat for a further 2 minutes on medium to high power. Stir thoroughly and serve.</p>

Hob:

Mix 45g porridge with 200ml water or milk in a pot.
Bring to the boil and simmer for 3-4 minutes, stirring continuously until the porridge reaches your desired consistency.

Packed In:

Ireland

Expiry Date Format e.g. Best Before Date, Best Before End:

Best Before

Location on Expiry Date on Pack:

See side of box

Nutrition Information:

Typical Values	Per 100g	Per Serving (as sold)
Energy	1474kJ	663kJ
	348kcal	157kcal
Fat	2.9g	1.3g
of which saturates	0.7g	0.3g
Carbohydrate	72g	32g
of which sugars	1.9g	0.9g
Fibre	3.4g	1.5g
Protein	8.5g	3.8g
Salt	0.25g	0.11g

This pack contains approximately 11 servings (approx. 45g).

*Reference Intake of an average adult (8400kJ / 2000kcal)

Each serving (as sold) contains

Energy	Fat	Saturates	Sugars	Salt
663kJ 157kcal	1.3g	0.3g	0.9g	0.11g
8%	2%	2%	1%	2%

of an adult's reference intake*
Typical values per 100g: Energy 1474kJ / 348kcal

Customer Care Information:

Address: Valeo Foods, Merrywell Industrial Estate, Ballymount, Dublin 12, Ireland.

Phone: 1800 855 706

Web: www.kelkin.ie

Barcodes:

Inner / Retail unit (EAN format)	5011032670135
Outer / Case (ITF format)	05011032115087