

Flahavan's Quick Oats Original 44g



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Product data

EAN
5099801005005

Target market
GB, IE

Components

Ingredients

Wholegrain Rolled Oats (84%)
Sugar
Skimmed Milk Powder

Allergen Tag Text

For allergens, see ingredients in **bold**.

Nutrition

	Per 100g	Per 44g serving*	Reference Intake**
Energy	1574kJ	693kJ	8400kJ
	373kcal	164kcal	2000kcal
Fat	4.9g	2.2g	70g
(of which saturates)	0.8g	0.4g	20g
Carbohydrate	67g	30g	260g
(of which sugars)	14g	6.2g	90g
Fibre	6.9g	3.1g	

2

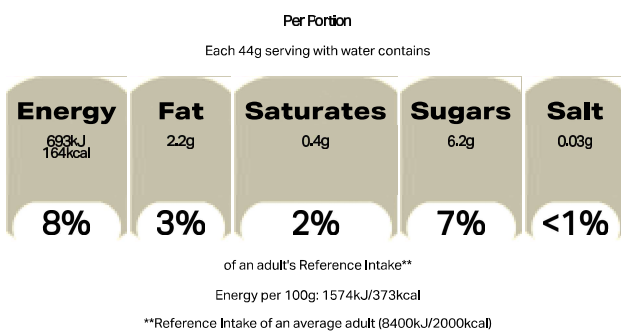


	Per 100g	Per 44g serving*	Reference Intake**
Protein	12g	5.2g	50g
Salt	0.08g	0.03g	6g
*As consumed with 190mls water			
**Reference Intake of an average adult (8400kJ/2000kcal)			

Calculated Nutrition

	per 100g	Per 44g serving
Energy (kJ)	1574	693
Energy (kcal)	373	164
Fat (g)	4.9	2.2
of which saturates (g)	0.8	0.4
Carbohydrate (g)	67	30
of which sugars (g)	14	6.2
Fibre (g)	6.9	3.1
Protein (g)	12	5.2
Salt (g)	0.08	0.03

Front of Pack Nutrition



Product Description

Brand
Flahavan's
Features



Microwave 1 1/2 mins or add hot water
 Just add boiling water or micro & go!
 Hot oat cereal
 Source of wholegrain
 Source of protein and fibre
 Low in saturated fat and salt

Standardised Brand

Brand - Flahavan's

Regulated Product Name

Quick oats porridge

Marketing

Company Name

E. Flahavan & Sons Limited

Company Address

Kilnagrange Mills,
 Kilmacthomas,
 Co. Waterford,
 Ireland.

Third Party Logos

- Love Irish Food

Other Information

Flahavan's is a registered trademark.

Nutritional Claims

Source of protein
 Source of fibre
 Low in saturated fat
 Low in salt

Health & Lifestyle

Allergy Advice

Milk - Contains
 Oats - Contains

Storage & Usage

Cooking Guidelines

Microwave - From Ambient

Peel back lid, add milk or water to the fill line. Stir and microwave on high for 1 1/2 minutes† (900W). Leave to cool for 1 minute. Eat and enjoy.
 †Cooking times vary according to wattage. As with any hot product, please be careful.

Storage Type

Type

Ambient

Preparation and Usage

Using Boiling Water

Peel back lid. Add boiling water to the fill line. Stir and leave to stand for 3 minutes. Eat and enjoy.

Storage

For Best Before, see lid.
Store in a cool dry place.

Brandbank Captured Pack Data

Pack Size

44g e

Numeric Size

Numeric Size - 44

Packaging Material Marks

Material Mark - 5 - PP

Dimension

Shelf Height (mm)	Shelf Width (mm)	Shelf Depth (mm)
103	103	76

(GS1 package measurement rules (http://www.gs1.org/docs/gsimp/gdsn/GDSN_Package_Measurement_Rules.pdf)
Unit (specific)

Unit (specific) - Grams

Country

Country of Origin - Ireland

Pack Type

Type - Pot

Weight

Gross Weight - 61

New Product Development

Final Product - Not NPD

Unit Merchandising

Height - 76

Width - 103

Depth - 103

Unit Stackable - No

Unit Stable - Yes

Merchandise Multiple Ways - Yes

Origin

Origin Free Text - Produced in Ireland

Customer Services

Manufacturers Address

Produced by:
E. Flahavan & Sons Limited,
Kilnagrange Mills,
Kilmacthomas,
Co. Waterford,
Ireland.

Return To

E. Flahavan & Sons Limited,
 Kilnagrange Mills,
 Kilmacthomas,
 Co. Waterford,
 Ireland.
 Tel: +353-51-294107
 www.flahavans.ie

Telephone Helpline

+353-51-294107

Web Address

www.flahavans.ie

Extended Data

Description Breakdown

Functional Name - Quick Oats
 Variant - Original



