

Flahavan's Quick Oats Strawberry 46g



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Product data

EAN
5099801005043

Target market
GB, IE

Components

Ingredients

Wholegrain Rolled Oats (80%)
Sugar
Skimmed Milk Powder
Freeze Dried Strawberry Pieces (3%)
Natural Flavouring

Allergen Tag Text

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

Nutrition

	Per 100g	Per 46g serving*	Reference Intake**
Energy	1571kJ	723kJ	8400kJ
	372kcal	171kcal	2000kcal
Fat	4.8g	2.2g	70g
(of which saturates)	0.8g	0.4g	20g
Carbohydrate	67g	31g	260g
(of which sugars)	16g	7.4g	90g
Fibre	6.9g	3.2g	

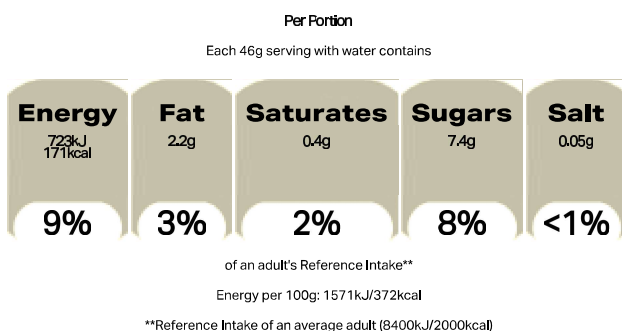


	Per 100g	Per 46g serving*	Reference Intake**
Protein	12g	5.3g	50g
Salt	0.1g	0.05g	6g
*As consumed with 190mls water			
**Reference Intake of an average adult (8400kJ/2000kcal)			

Calculated Nutrition

	per 100g	Per 46g serving
Energy (kJ)	1571	723
Energy (kcal)	372	171
Fat (g)	4.8	2.2
of which saturates (g)	0.8	0.4
Carbohydrate (g)	67	31
of which sugars (g)	16	7.4
Fibre (g)	6.9	3.2
Protein (g)	12	5.3
Salt (g)	0.1	0.05

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.

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

46g e

Numeric Size

Numeric Size - 46

Dimension

Shelf Height (mm)	Shelf Width (mm)	Shelf Depth (mm)
102	102	77

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

Unit (specific) - Grams

Country

Country of Origin - Ireland

Pack Type

Type - Pot

Weight

Gross Weight - 67

New Product Development

Final Product - Not NPD

Unit Merchandising

Height - 77

Width - 102

Depth - 102

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 - Strawberry

