

# Bran Flakes Portion Packs (Kellogg's)

**Pack Size:** 40 X 40G

## Product Description:

Made from deliciously crunchy bran enriched wheat and oat flakes. A simple high source of fibre with great versatility. Why not mix it up and try them with fruit and yoghurt?

**Brand:** Kellogg's



**Ingredient Declaration:** WHOLEWHEAT (59%), WHEAT bran (18%), WHOLEWHEAT flour, sugar, BARLEY malt extract, glucose syrup, salt, natural flavouring, Niacin, iron, vitamin B6, riboflavin, thiamin, folic acid, vitamin D, vitamin B12.

## Allergens:

NOT APPLICABLE	N/A
CONTAINS	Cereal, Gluten
MAY CONTAIN	Soya

## Additional Allergen Information:

<b>Barley</b>	Yes	<b>Almond nuts</b>	No
<b>Oats</b>	No	<b>Brazil nuts</b>	No
<b>Rye</b>	No	<b>Cashew nuts</b>	No
<b>Wheat (including Spelt and Khorasan)</b>	Yes	<b>Hazelnuts</b>	No
		<b>Macadamia (Queensland) nuts</b>	No
		<b>Pecan nuts</b>	No
		<b>Pistachio nuts</b>	No
		<b>Walnuts</b>	No

## Diet Suitability:

NOT APPLICABLE	N/A
SUITABLE FOR	Halal, Kosher, Vegetarians

## Nutritional Information:

Nutrient	per 100g/ml
<b>Energy (kJ/kcal)</b>	358 kcal / 1509 kJ
<b>Fat</b>	2.2 g
<b>of which Saturates</b>	0.4 g
<b>Carbohydrate</b>	65 g
<b>of which Sugars</b>	14 g
<b>Fibre</b>	17 g
<b>Protein</b>	11 g
<b>Salt</b>	0.66 g

## Directions For Use:

Eat as directed  
Store in a cool dry place.

**Storage Instructions:**

**Shelf Life Once Open:**

All product information is correct at time of upload. Information may change so please check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging or speak with our QA Department.