



Quaker Porridge To Go Mixed Berries Breakfast Bar 55g (12 Pack)

Product Images



Additional Information

Brand

Quaker

Storage

Temperature

Ambient

Ingredients

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Wholegrain Rolled **OAT** Flakes (35%), Wholegrain **OAT** Flour (16%), Oligofructose, Humectant (Glycerol), **CEREAL** Crisps (Rice Flour, **OAT** Flour (1%), Sugar, Calcium Carbonate, **BARLEY** Malt Extract), Golden Syrup, Brown Sugar, Sunflower Oil, Modified Starch, Sweetened Dried Strawberries (1.8%), Sweetened Dried Cranberries (1.8%), **ALMOND** Flour, Skimmed **MILK** Powder, Salt, Emulsifier (**SOY** Lecithin), Antioxidant (Tocopherol Rich Extract), Raising Agent (Sodium Bicarbonate), Calcium Carbonate, Natural Berry Flavouring with other Natural Flavourings.

Allergens

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

Dietary Information

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

Carbs per 100g (g)	70 g
Carbs of which Sugars per 100g (g)	15 g
Fat per 100g (g)	7.8 g
Fat of which Saturates per 100g (g)	1.1 g
Fibre per 100g	11 g
Energy per 100g (kcal)	396 kcal
Energy per 100g (kj)	1666 kj
Protein per 100g (g)	6.2 g
Salt per 100g (g)	0.49 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