DATE: 13.04.2023 **ISSUE NO:** 3

PRODUCT TITLE: **OAT BURST Instant Porridge Golden Syrup Flavour**

RECIPE NO: 1545BPSB2A (SA4336) **FILL WEIGHT:** **57g e**

PRODUCT LEGAL NAME: Instant golden syrup flavour oat porridge

INGREDIENTS: **OAT** Flakes (70%), Skimmed **MILK** Powder, Sugar, Flavourings.

ALLERGY ADVICE:
For allergens, including cereals containing gluten, see ingredients in **BOLD**
Also may contain soya and other gluten sources.

NUTRITION INFORMATION		
Typical values (made up as per instructions)	Per 100g	Per pot (217g)
Energy	428kJ / 101kcal	928kJ / 220kcal
Fat	1.4g	3.0g
Of which Saturates	0.4g	0.9g
Carbohydrate	17.4g	37.8g
Of which Sugars	5.7g	12.3g
Fibre	2.1g	4.6g
Protein	3.7g	8.0g
Salt	0.07g	0.16g

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

This pot provides 1 serving

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Per pot:

		LOW	LOW	MED	LOW
ENERGY		Fat	Saturates	Sugars	Salt
kJ	kcal				
928	220	3.0g	0.9g	12.3g	0.16g
11%*		4%	4%	14%	3%

*of your reference intake
Typical values per 100g: Energy 428kJ/101kcal

STORAGE:
Store in a cool, dry place
Best Before End: see base of pot

RECYCLING INFORMATION



CLAIMS:
Low fat
Suitable for vegetarians
Just add boiling water
No artificial colours

PREPARATION INSTRUCTIONS:

Ready in 1 minute

- REMOVE THE LID
- ADD **BOILING** WATER UP TO THE FILL LINE (APPROX. 160ML) AND STIR WELL.
- ALLOW TO STAND FOR 1 **MINUTE**
- STIR AGAIN AND ENJOY
- ADD MORE WATER IF REQUIRED

WARNING: When prepared as per instructions the pot and contents will be hot.

OTHER INFORMATION:

Symington's Ltd. Dartmouth Way, Leeds, LS11 5JL, UK
Tennant & Ruttle Distribution Ltd, 2010 Orchard Avenue**,** Citywest**,** Dublin 24**,** D24 EKW3**,** Ireland

MARKETING:

Barcode: 5050665033276

Packaging Code:
Pot Code- CU212J
Lid Code- FI420APL