



Kellogg's Bran Flakes (6 x 500g)

Product Information

Product Code	S1014
Erudus ID	03812b70d64540ed936de050a28efdaf
Traded Unit GTIN	5053827193702
Internal GTIN	5053827193702
Supplier Name	Kellanova (previously Kellogg's)
Brand	Kellogg's
Storage	Ambient

Product Description & Ingredients

Product Description	<p>Kellogg's Bran Flakes breakfast cereal is a delicious way to support your digestive health. A 30g serving of Kellogg's Bran Flakes breakfast cereal is high in wheat bran fibre to help support your digestive health. Kellogg's Bran Flakes breakfast cereal contain wheat bran fibre - a superior fibre which is scientifically proven to fuel your gut. Bran Flakes are high in wheat bran fibre which is a superior fibre in relation to its efficacy in accelerating intestinal transit and has the most scientific evidence 10g wheat bran fibre daily contributes to acceleration of intestinal transit. Bran Flakes contains 3.7g per serving. Enjoy as part of a healthy diet and lifestyle.</p>
Erudus Ingredients	WHEAT bran (86%), sugar, BARLEY malt extract, salt, niacin, iron, vitamin B6, riboflavin, thiamin, folic acid, vitamin D, vitamin B12.

Allergens

Celery	No
Cereals Containing Gluten	Yes
Crustacea	No
Eggs	No
Fish	No
Lupin	No
Milk	No
Molluscs	No

Mustard	No
Nuts	No
Peanuts	No
Sesame	No
Soybeans	No
Sulphites	No

Dietary Information

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

Nutritional Information

Energy per 100g (kcal)	334 kcal
Energy per 100g (kj)	1400 kJ
Carbs Per 100g	48 g
Carbs of which Sugars per 100g	18 g
Fat per 100g	1.4 g
Fat of which Saturates per 100g	0.3 g
Protein per 100g	14 g
Fibre per 100g	27 g
Salt per 100g	0.9 g

Disclaimer:

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