

Kellogg's Fruit N Fibre PM 2.99 - Information

TFS Product Code: 020684
Suppliers Product Code:
Information Last Updated: 15/10/2019
Date Produced: 26/04/2025



Allergy Information

Key: **Contains** **May Contain**



Nuts



Sulphur Dioxide



Cereal

Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	380.00
Energy (kJ)	1603.00
Protein (g)	8.00
Carb (g)	69.00
Of Which Sugars (g)	24.00
Fat (g)	6.00
Of Which Saturates (g)	3.50
Fibre (g)	9.00
Salt (g)	1.00

Dietary Information

Key: **Suitable for**



Kosher



Vegetarian



Halal



Vegan

Please Note: This information has been supplied by manufacturers and other third parties to Thompsons Food Service Ltd. Whilst we take steps to ensure the information is correct and regularly updated, we give no warranty and no guarantee to the accuracy of this information. Product information and ingredients may change; please always read product labels carefully in addition to this document for accuracy. Please also consider changes to ingredients when products have been substituted.

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Ingredients

WHOLEWHEAT (68%), Dried Fruit (27%) (Raisins, Coconut, Banana {Banana, Coconut Oil, Sugar, Flavouring}, Apple HAZELNUTS), Sugar, Salt, BARLEY Malt Flavouring, Vitamins & Minerals: Niacin, Iron, Vitamin B6, Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin), Folic Acid, Vitamin B12

Handling Information

Directions for Use

No usage information

Storage Instructions

Store in a dry place

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