



## Nature Valley Crunchy Oats & Honey 42g (18 Pack)

### Product Images



## Additional Information

---

Brand	Nature Valley
-------	---------------

## Storage

---

Temperature	Ambient
-------------	---------

## Ingredients

---

Ingredients	Whole grain rolled OATS (59%), sugar, sunflower oil, honey (2%), salt, molasses, emulsifier: sunflower lecithin. Raising agent: sodium bicarbonate.
-------------	---

## Allergens

---

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

## Dietary Information

---

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

## Nutritional Information

---

Carbs per 100g (g)	64.5 g
Carbs of which Sugars per 100g (g)	28.3 g
Fat per 100g (g)	17.2 g
Fat of which Saturates per 100g (g)	2.4 g
Fibre per 100g	5.6 g
Energy per 100g (kcal)	456 kcal
Energy per 100g (kJ)	1916 kJ
Protein per 100g (g)	8.1 g
Salt per 100g (g)	0.8 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.