

Naturya Superfood Porridge Apple & Cinnamon

Ingredients

Oats (gluten) (77%), Sugar, Freeze Dried Apple Pieces (3%), Flaxseeds (3%), Chia Seeds (Salvia hispanica)(2%), Cinnamon powder (1%), Natural flavouring

Nutritional Information

Energy (KJ)/100g	Energy (Kcal)/100g	Fat (g)/100g	Of which saturates (g)/100g	Of which mono-saturates (g)/100g	Of which polyunsaturates (g)/100g	Carbohydrate (g)/100g	Of which Sugars (g)/100g	Fibre (g)/100g	Protein (g)/100g	Salt (g)/100g	Other Nutritional Values
1490	353	4.1	0.7	NA	na	61	15	12	12	0	Iron, Zinc, Copper, Manganese