

	Brand	Deliciously Ella
	Product SKU	DEPEAO38006
	Product Description	Deliciously Ella Peanut Instant Overnight Oats 380g x 6
	Size	380g
	HFSS Score	-3
	Country of Manufacture	UK
	Unit gross weight (g)	410
	Case gross weight (g)	2460
	Unit Net Weight (g)	380
	Case Net Weight (g)	2280
	Unit Depth (mm)	45
	Unit Width (mm)	145
	Unit Height (mm)	238
	Case Depth (mm)	285
	Case Width (mm)	158
	Case Height (mm)	245
	Units per Case	6
	Storage Instructions	Store in a cool, dry place
	Ingredients	Gluten Free Oats (65%), Roasted Nibbed Peanuts (15%), Dates (12%), Date Powder, Chia (Salvia Hispanica) Seeds (2%), Golden Linseed
	May Contain	May contain other nuts
Per 100g	Energy	1664kJ / 398kcal
	Fat	12g
	of which saturates	2.3g
	Carbohydrate	54g
	of which sugars	11g
	Fibre	9.3g
	Protein	13g
	Salt	0.04g
Per serving	Energy	749kJ / 179kcal
	Fat	5.4g
	of which saturates	1.0g
	Carbohydrate	24g
	of which sugars	5.1g
	Fibre	4.2g
	Protein	5.9g
	Salt	0.02g

Description	Made with a delicious blend of wholegrain rolled oats, peanut pieces and chopped dates, with golden linseed and chia seeds for a little added crunch, our Instant Overnight Oats are a natural source of energy, high in fibre & have no added sugar
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