

	Brand	Deliciously Ella
	Product SKU	DEAPAL38006
	Product Description	Apple Almond 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 (76%), Nibbed Almonds (8%), Date Powder, Dried Apple (6%), Chia Seeds (Salvia Hispanica), Cinnamon (Cassia) (1%)
	May Contain	May contain peanuts and other nuts
Per 100g	Energy	1630kJ / 390kcal
	Fat	9.6g
	of which saturates	1.5g
	Carbohydrate	60g
	of which sugars	9.2g
	Fibre	9.7g
	Protein	12g
	Salt	0.06g
Per serving	Energy	734kJ / 175kcal
	Fat	4.3g
	of which saturates	0.7g
	Carbohydrate	27g
	of which sugars	4.1g
	Fibre	4.4g
	Protein	5.2g
	Salt	0.03g
	Description	Made with a delicious blend of wholegrain rolled oats, almonds, apple pieces aromatic cinnamon and chia seeds for a little added crunch, our Instant Overnight Oats are a natural source of energy, high in fibre and have no added sugar