

Adventure Food Expedition Breakfast



Nourishing warm breakfast based on cereals, milk, raisins, apple and roasted hazelnuts

Rating: Not Rated Yet

Price
5,95 €

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Manufacturer [Adventure Food](#)

Description

Nourishing warm breakfast based on cereals, milk, raisins, apple and roasted hazelnuts.

- **Ingredients:** 25% **oats**, **milk powder**, coconut oil, sugar, **wheat flakes**, 10% raisins, 10% sunflower oil, 10% **hazelnuts**, 6% apple (preservative (E220)), salt
- **Allergy Info:** gluten, milk, nuts. May contain traces of: peanuts.
- **Net Weight:** 132 g
- **Storage Life:** 48 months

Nutrition Value per 100g:

	unprepared	prepared
Energy	451 kcal (1890 kJ)	194 kcal (813 kJ)
Carbohydrates	52.6 g	22.6 g
- of which sugar	29.0 g	12.5 g
Protein	11,2 g	4.8 g
Fat	21.5 g	9.2 g
- of which saturated	13.5 g	5.8 g
Salt	0,1 g	0,0 g