



## LOTTE INSTANT OAT FLAKES



**Ingredients:** oat

**Packages:** 8 x 500 g

### **Nutritional value for 100 g:**

Energy	1549 kJ / 368 kcal
Fat	7 g
- of which saturated	1,2 g
Carbohydrates	58,7 g
- of which sugars	0,7 g
Digestible fiber	10 g
Proteins	12,5 g
Salt	0,02 g