

Expedition Foods: Breakfast Range

	Granola with Raspberries	Hot Cereal Start with Mango High Energy Serving	Porridge with Strawberries High Energy Serving	Oats with Blueberries	Oats with Sultanas	Scrambled Eggs, Potato and Mixed Peppers
SKU	004-0237	004-0216	004-0201	004-0235	004-0234	004-0230
Net Weight	190 grams / 6.70 ounces	186 grams / 6.56 ounces	165 grams / 5.82 ounces	180 grams / 6.34 ounces	180 grams / 6.34 ounces	175 grams / 6.17 ounces
Type	Vegetarian	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Serving Size	1	1	1	1	1	1
Servings per Container	1	1	1	1	1	1
Calories per serving	3387 kJ / 807 kcal	3,452 kJ / 822 kcal	3,370 kJ / 805 kcal	3,398 kJ / 813 kcal	3,366 kJ / 801 kcal	3,465 kJ / 828 kcal
Total Fat per serving	44.6 g	30.9 g	37.1 g	35.5 g	29.5 g	38.0 g
Saturated Fat per serving	3.4 g	17.5 g	21.9 g	21.1 g	17.3 g	15.9 g
Protein per serving	23.6 g	34.9 g	18.3 g	14.2 g	17.8 g	22.2 g
Sodium per serving	0.2 g	0.3 g	0.1 g	0.3 g	0.2 g	1.2 g
Total Carbohydrates per serving	129.0 g	92.6 g	96.8 g	119.9 g	110.7 g	92.9 g
Dietary Fibre per serving	17.5 g	7.8 g	5.0 g	21.8 g	7.9 g	12.7 g
Sugars per serving	51.9 g	54.5 g	57.4 g	51.7 g	40.1 g	10.5 g
Vegetarian	Yes	Yes	Yes	Yes	Yes	Yes
May contain Nuts	No	No	No	No	No	No
Gluten Free	No	No	No	No	No	No
Dairy Free	No	No	No	No	No	No
Ingredients	Toasted Oat Clusters (73%), (Oats, Sugar, Rapeseed Oil, Honey), Whole Milk Powder (23%), Freeze Dried Raspberries (4%)	Whole Milk Powder, Oats (38.7%), Sugar, Freeze Dried Diced Mango (3.2%).	Milk, Cream, Porridge Oats, Sugar, Freeze Dried Diced Strawberry (0.4%).	Whole Milk, Cream, Porridge Oats (16.4%), Sugar, Blueberries (3%)	Whole Milk, Cream, Porridge Oats (16.4%), Sugar, Sultanas (8.5%)	Fried Potato (75%) (Potato, Vegetable Oil, Dextrose (Wheat), Stabilizer (E450i)), Vegetable Oil, Black Pepper, Scrambled Egg (20%) (Pasteurised Whole Egg (66%), Vegetable Oil, Buttermilk Powder, Modified Starch, Salt, White Pepper Extract, Antioxidant (E330), Stabilizer (E415), Preservative (E270)), Mixed Peppers (5%)