



# CEREAL, OATMEAL QUICK

The goodness of oats



Product Last Saved Date:04 August 2016

## Nutrition Facts

<b>Serving Size:</b> 40 GRM			
<b>Number of Servings per</b>		500	
<b>Amount Per Serving</b>			
<b>Calories:</b> 150		<b>Calories from Fat:</b> 25	
<b>% Daily Value*</b>			
<b>Total Fat</b>	3 g	5%	
Saturated Fat	.5 g	3%	
Trans Fat	0 g		
<b>Cholesterol</b>	0 mg	0%	
<b>Sodium</b>	0 mg	0%	
<b>Total Carbohydrate</b>	27 g	9%	
Dietary Fiber	4 g	16%	
Sugars	.5 g		
<b>Protein</b>	5 g		
<b>Vitamin A</b>	Per Srv 0%	<b>Vitamin C</b>	Per Srv 0%
<b>Calcium</b>	0%	<b>Iron</b>	10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram			
Fat	9	Carbohydrate	4
		Protei	4

## Product Specifications:

Man Prod Code	Dist Prod Code	GTIN	Pack	Pack Description
04650	143960	10042400046506	12 X 42 ONZ	

Brand	Brand Owner	GPC Description
Hearty Traditions Oatmeal	MALT-O-MEAL COMPANY	Cereals Products – Not Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
34.99 LBR	31.5 LBR	USA	Yes	No

## Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
21.63 INH	16.25 INH	10 INH	2.034 FTQ	5x4	600 None	32 FAH / 95 FAH

## Ingredients :

100% whole grain rolled oats

**Allergens(C='Contains' MC='May Contain' N='Free From' UN='Undeclared' 30='Free From Not Tested' 50='Derived From Ingredients' 60='Not Derived From Ingredients' NI='No Info'**

Eggs - N	Milk - N	Peanuts - N
Soy - N	Wheat - N	TreeNuts - N
Fish - N	Crustacean - N	

## Handling Suggestions :

Dry

## Benefits :

Naturally Cholesterol Free or A Cholesterol Free Food; Naturally Low Fat Food; good source of fiber

## Serving Suggestions :

serve with fruit and/or milk

## Prep & Cooking Suggestions :

STOVE TOP 1. Boil water and salt. 2. Stir in oats. 3. Cook about 1 minute over medium heat; stir occasionally. MICROWAVE (one serving) 1. Combine water, salt and oats in medium microwaveable bowl. 2. Microwave 1-1 2 to 2 minutes; stir before serving. CAUTION, BOWL MAY BE HOT

## More Information :