



**QUAKER® INSTANT OATMEAL APPLES & CINNAMON - 1.51OZ.**

**Claims**

**WHOLE GRAIN**

Meets USDA Whole Grain-Rich Criteria

**ALLERGENS**

Not Containing Milk

Not Containing Peanuts or Tree Nuts

**PRODUCT CLAIMS**

Kosher

No Artificial Flavors

No Artificial Preservatives

**Ingredients**

WHOLE GRAIN ROLLED OATS, SUGAR, DEHYDRATED APPLES (TREATED WITH SODIUM SULFITE TO PROMOTE COLOR RETENTION), NATURAL AND ARTIFICIAL FLAVOR, SALT, CINNAMON, CALCIUM CARBONATE, CITRIC ACID, GUAR GUM, MALIC ACID, NIACINAMIDE\*, REDUCED IRON, VITAMIN A PALMITATE, PYRIDOXINE HYDROCHLORIDE\*, RIBOFLAVIN\*, THIAMIN MONONITRATE\*, FOLIC ACID\*, CARAMEL COLOR. \*ONE OF THE B VITAMINS

**Product Specs**

CASE UPC: 10030000562086

KOSHER STATUS: Kosher Pareve

PACKAGE UPC: 030000319567

GRAIN OZ. EQ: 1 oz. eq.

CASE PACK: 12/15.1 oz. cartons (12/10 ct.)

WEIGHT OF GRAIN: 29 g

**Nutritional Facts**

Serving Size: 1 packet (43g)

Calories: 160

Calories from fat: 20

Nutrient Type	Packaged: Value(Quantity Contained)	Packaged: Value(% Daily Value)
<b>Total Fat:</b>	2g	3%
<b>Saturated Fat:</b>	0g	0%
<b>Trans Fat:</b>	0g	
<b>Cholesterol:</b>	0mg	0%
<b>Sodium:</b>	200mg	8%
<b>Total Carbohydrate:</b>	33g	11%
<b>Dietary Fiber:</b>	4g	14%
<b>Total Sugars:</b>	12g	
<b>Protein:</b>	4g	
<b>Vitamin A:</b>		20%
<b>Vitamin B6:</b>		20%
<b>Vitamin C:</b>		0%
<b>Calcium:</b>		10%
<b>Iron:</b>		20%
<b>Potassium:</b>	140mg	4%
<b>Thiamine:</b>		20%
<b>Riboflavin:</b>		25%
<b>Niacin:</b>		25%
<b>Phosphorus:</b>		10%
<b>Magnesium:</b>		8%
<b>Folic Acid:</b>		20%