



**QUAKER® INSTANT OATMEAL  
CINNAMON SPICE - 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, SALT, CINNAMON AND OTHER SPICES, CALCIUM CARBONATE, GUAR GUM, CARAMEL COLOR, NIACINAMIDE\*, REDUCED IRON, VITAMIN A PALMITATE, PYRIDOXINE HYDROCHLORIDE\*, RIBOFLAVIN\*, THIAMIN MONONITRATE\*, FOLIC ACID\*. \*ONE OF THE B VITAMINS

**Product Specs**

CASE UPC: 100-30000-31208-4

KOSHER STATUS: Kosher Pareve

PACKAGE UPC: 0-30000-31208-7

GRAIN OZ. EQ: 1.0 oz. eq.

CASE PACK: 12/10 ct boxes (15.2 oz.)

WEIGHT OF GRAIN: 30 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>	.5g	2%
<b>Trans Fat:</b>	0g	
<b>Polyunsaturated Fat:</b>	.5g	
<b>Monounsaturated Fat:</b>	1g	
<b>Cholesterol:</b>	0mg	0%
<b>Sodium:</b>	210mg	9%
<b>Total Carbohydrate:</b>	32g	11%
<b>Dietary Fiber:</b>	3g	12%
<b>Soluble Fiber:</b>	1g	
<b>Total Sugars:</b>	11g	
<b>Protein:</b>	4g	
<b>Vitamin A:</b>		15%
<b>Vitamin B6:</b>		15%
<b>Vitamin C:</b>		0%
<b>Calcium:</b>		10%
<b>Iron:</b>		20%
<b>Potassium:</b>	120mg	3%
<b>Thiamine:</b>		20%
<b>Riboflavin:</b>		20%
<b>Niacin:</b>		15%
<b>Phosphorus:</b>		10%
<b>Magnesium:</b>		10%
<b>Folic Acid:</b>		20%