



**QUAKER® INSTANT OATMEAL CUPS  
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: 000-30000-56208-6

KOSHER STATUS: Kosher Pareve

PACKAGE UPC: 0-30000-31956-7

GRAIN OZ. EQ: 0.75 oz. eq.

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

WEIGHT OF GRAIN: 26 g

**Nutritional Facts**

Serving Size: 1 packet (43g)

Calories: 160

Nutrient Type	Packaged: Value(Quantity Contained)	Packaged: Value(% Daily Value)
<b>Total Fat:</b>	2g	3%
<b>Polyunsaturated Fat:</b>	.5g	
<b>Monounsaturated Fat:</b>	1g	
<b>Cholesterol:</b>	0mg	0%
<b>Sodium:</b>	160mg	6%
<b>Total Carbohydrate:</b>	33g	12%
<b>Dietary Fiber:</b>	4g	13%
<b>Soluble Fiber:</b>	1g	
<b>Total Sugars:</b>	11g	
<b>Protein:</b>	4g	
<b>Vitamin A:</b>		20%
<b>Vitamin B6:</b>		20%
<b>Vitamin C:</b>		0%
<b>Calcium:</b>	20mg	0%
<b>Iron:</b>	1.2 mg	6%
<b>Potassium:</b>	150mg	2%
<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%
<b>Sat Fat</b>	.5 g	3%
<b>Includes 8 g Added Sugars</b>		
<b>Vitamin D:</b>	0 mcg	0%