



**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%                             |