



**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)
Total Fat:	2g	3%
Polyunsaturated Fat:	.5g	
Monounsaturated Fat:	1g	
Cholesterol:	0mg	0%
Sodium:	160mg	6%
Total Carbohydrate:	33g	12%
Dietary Fiber:	4g	13%
Soluble Fiber:	1g	
Total Sugars:	11g	
Protein:	4g	
Vitamin A:		20%
Vitamin B6:		20%
Vitamin C:		0%
Calcium:	20mg	0%
Iron:	1.2 mg	6%
Potassium:	150mg	2%
Thiamine:		20%
Riboflavin:		25%
Niacin:		25%
Phosphorus:		10%
Magnesium:		8%
Folic Acid:		20%
Sat Fat	.5 g	3%
Includes 8 g Added Sugars		
Vitamin D:	0 mcg	0%