



**QUAKER® INSTANT OATMEAL CUPS  
HONEY & ALMONDS - 1.76OZ.**

**Claims**

**WHOLE GRAIN**  
Meets USDA Whole Grain-Rich Criteria

**PRODUCT CLAIMS**  
Kosher  
No Artificial Flavors  
No Artificial Preservatives

**Ingredients**

WHOLE GRAIN ROLLED OATS, SUGAR, ALMONDS, WHEY PROTEIN ISOLATE, MALTODEXTRIN, MOLASSES, SALT, NATURAL FLAVOR, CALCIUM CARBONATE, HONEY, SOY LECITHIN, NIACINAMIDE\*, REDUCED IRON, VITAMIN A PALMITATE, PYRIDOXINE HYDROCHLORIDE\*, RIBOFLAVIN\*, THIAMIN MONONITRATE\*, FOLIC ACID\*. \*ONE OF THE B VITAMINS CONTAINS ALMOND, MILK AND SOY INGREDIENTS.

**Product Specs**

CASE UPC: 100-30000-31957-1  
KOSHER STATUS: Yes – Dairy  
PACKAGE UPC: 0-30000-319574  
GRAIN OZ. EQ: 1 oz. eq.  
CASE PACK: 12/ 1.76 oz. cups  
WEIGHT OF GRAIN: 31 g  
SMART SNACK COMPLIANT: Yes

**Nutritional Facts**

Serving Size: 1 cup (50g)  
Calories: 190

Nutrient Type	Packaged: Value(Quantity Contained)	Packaged: Value(% Daily Value)
<b>Total Fat:</b>	4g	5%
<b>Saturated Fat:</b>	.5g	3%
<b>Trans Fat:</b>	0g	
<b>Polyunsaturated Fat:</b>	1g	
<b>Monounsaturated Fat:</b>	2g	
<b>Cholesterol:</b>	0mg	0%
<b>Sodium:</b>	180mg	8%
<b>Total Carbohydrate:</b>	34g	13%
<b>Dietary Fiber:</b>	5g	18%
<b>Soluble Fiber:</b>	3g	
<b>Total Sugars:</b>	10g	
<b>Protein:</b>	7g	
<b>Vitamin A:</b>		15%
<b>Vitamin B6:</b>		20%
<b>Vitamin C:</b>		0%
<b>Calcium:</b>	30 mg	2%
<b>Iron:</b>	1.4 mg	6%
<b>Potassium:</b>	140mg	2%
<b>Thiamie:</b>		20%
<b>Riboflavin:</b>		20%
<b>Niacin:</b>		20%
<b>Phosphorus:</b>		15%
<b>Magnesium:</b>		10%
<b>Folic Acid:</b>		15%
<b>Includes 10 g Added Sugars</b>		
<b>Vitamin D:</b>	0 mcg	0%