



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