



**QUAKER® INSTANT OATMEAL  
REGULAR FLAVOR - .98OZ.**

**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, CALCIUM CARBONATE, SALT, GUAR GUM, CARMEL COLOR, REDUCED IRON, VITAMIN A PALMITATE.

**Product Specs**

CASE UPC: 100-30000-43661-2

KOSHER STATUS: Kosher Pareve

PACKAGE UPC: 0-30000-43661-5

GRAIN OZ. EQ: .75 oz. eq.

CASE PACK: 1/48 count packets

WEIGHT OF GRAIN: 27 g

SMART SNACK COMPLIANT: Yes

**Nutritional Facts**

Serving Size: 1 packet (28g)

Calories: 100

Nutrient Type	Packaged: Value(Quantity Contained)	Packaged: Value(% Daily Value)
<b>Total Fat:</b>	2g	3%
<b>Saturated Fat:</b>	.5 g	3%
<b>Trans Fat:</b>	0g	
<b>Polyunsaturated Fat:</b>	.5g	
<b>Monounsaturated Fat:</b>	.5g	
<b>Cholesterol:</b>	0mg	0%
<b>Sodium:</b>	75mg	3%
<b>Total Carbohydrate:</b>	18 g	7%
<b>Dietary Fiber:</b>	3g	9%
<b>Soluble Fiber:</b>	1g	
<b>Total Sugars:</b>	0g	
<b>Protein:</b>	4g	
<b>Vitamin A:</b>		15%
<b>Vitamin C:</b>		0%
<b>Calcium:</b>	120 mg	8%
<b>Iron:</b>	7.8 mg	40%
<b>Potassium:</b>	100 mg	2%
<b>Thiamine:</b>	.1 mg	10%
<b>Phosphorus:</b>	130 mg	10%
<b>Magnesium:</b>	35 mg	8%
<b>Vitamin D:</b>	0 mcg	0%

Includes 0g Added Sugar