



QUAKER® OLD FASHIONED OATS - 47OZ.

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
Non GMO Project Verified

Ingredients

WHOLE GRAIN ROLLED OATS.

Product Specs

CASE UPC: 100-30000-43293-5
KOSHER STATUS: Yes – Pareve
PACKAGE UPC: 0-30000-43293-8
GRAIN OZ. EQ: 1.25
CASE PACK: 12/42 oz.
WEIGHT OF GRAIN: 40 g

Nutritional Facts

Servings Per Container: 30
Serving Size: 1/2 cup dry (40g)
Calories: 150

Nutrient Type	Packaged: Value(Quantity Contained)	Packaged: Value(% Daily Value)
Total Fat:	3g	4%
Saturated Fat:	.5g	3%
Trans Fat:	0g	
Polyunsaturated Fat:	1g	
Monounsaturated Fat:	1g	
Cholesterol:	0mg	0%
Sodium:	0mg	0%
Total Carbohydrate:	27g	9%
Dietary Fiber:	4g	15%
Soluble Fiber:	2g	
Total Sugars:	1g	
Protein:	5g	
Includes 0g Added Sugars:	0g	0%
Vitamin D:	0mcg	0%
Calcium:	20mg	0%
Iron:	1.5mg	8%
Potassium:	130 mg	10%
Thiamine:	.2mg	10%
Phosphorus:	130mg	15%
Magnesium:	40mg	10%