



**QUAKER® INSTANT OATMEAL CUPS  
MAPLE BROWN SUGAR - 1.69OZ.**

**Claims**

**WHOLE GRAIN**

Meets USDA Whole Grain-Rich Criteria

**ALLERGENS**

Not Containing Milk

**PRODUCT CLAIMS**

Kosher

No Artificial Flavors

No Artificial Preservatives

**Ingredients**

WHOLE GRAIN OATS, SUGAR, SALT, NATURAL FLAVOR.

**Product Specs**

CASE UPC: 00030000319710

KOSHER STATUS: Kosher Pareve

PACKAGE UPC: 030000319571

GRAIN OZ. EQ: 1 OEG

CASE PACK: 24/1.69 oz. containers

WEIGHT OF GRAIN: "N/A"

SMART SNACK COMPLIANT: No

MEETS USDA WHOLE GRAIN-RICH CRITERIA: Yes

**Nutritional Facts**

Servings Per Container: 1

Serving Size: 1.69 oz.

Calories: 180

Nutrient Type	Packaged: Value(Quantity Contained)	Packaged: Value(% Daily Value)
<b>Total Fat:</b>	2.5g	3%
<b>Saturated Fat:</b>	.5	3%
<b>Trans Fat:</b>	0g	
<b>Polyunsaturated Fat:</b>	.5g	
<b>Monounsaturated Fat:</b>	1g	
<b>Cholesterol:</b>	0mg	0%
<b>Sodium:</b>	290mg	12%
<b>Total Carbohydrate:</b>	37g	12%
<b>Dietary Fiber:</b>	3g	13%
<b>Total Sugars:</b>	14g	
<b>Protein:</b>	4g	
<b>Vitamin A:</b>		0
<b>Vitamin C:</b>		0%
<b>Calcium:</b>	20 mg	0%
<b>Iron:</b>	1.3 mg	6%
<b>Thiamine:</b>		10
<b>Phosphorus:</b>		15
<b>Magnesium:</b>		10
<b>Vitamin D:</b>	0 mcg	0%
<b>Potassium</b>	130 mg	2%
<b>Includes 14 g Added Sugars</b>		