



**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> |                                     |                                |