



**QUAKER® STEAM TABLE/KETTLE HEARTY OATS - 47 OZ.**

**Claims**

**WHOLE GRAIN**  
Meets USDA Whole Grain-Rich Criteria

**ALLERGENS**  
Not Containing Milk

**PRODUCT CLAIMS**  
Kosher  
No Artificial Flavors  
No Artificial Preservatives  
Non GMO Project Verified

**Ingredients**

Whole Grain Rolled Oats

**Product Specs**

CASE UPC: 10030000432690  
KOSHER STATUS: Kosher Pareve  
PACKAGE UPC: 030000432693  
GRAIN OZ. EQ: 1.25 OEG  
CASE PACK: 12/47 oz. containers  
MEETS USDA WHOLE GRAIN-RICH CRITERIA: Yes

**Nutritional Facts**

Servings Per Container: 33  
Serving Size: 1/2 c. (40g)  
Calories: 150

Nutrient Type	Packaged: Value(Quantity Contained)	Packaged: Value(% Daily Value)
<b>Total Fat:</b>	3g	4%
<b>Saturated Fat:</b>	.5g	3%
<b>Trans Fat:</b>	0g	0%
<b>Polyunsaturated Fat:</b>	1g	
<b>Monounsaturated Fat:</b>	1g	
<b>Cholesterol:</b>	0mg	0%
<b>Sodium:</b>	0mg	0%
<b>Total Carbohydrate:</b>	27g	10%
<b>Dietary Fiber:</b>	4g	13%
<b>Total Sugars:</b>	1g	
<b>Protein:</b>	5g	
<b>Includes 0g Added Sugars:</b>	0g	0%
<b>Vitamin D:</b>	0mcg	0%
<b>Calcium:</b>	20mg	0%
<b>Iron:</b>	1.5mg	8%
<b>Potassium:</b>	150mg	2%
<b>Thiamine:</b>	.2mg	15%

<b>Phosphorus:</b>	130mg	10%
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<b>Magnesium:</b>	40mg	10%
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