



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)
Total Fat:	3g	4%
Saturated Fat:	.5g	3%
Trans Fat:	0g	0%
Polyunsaturated Fat:	1g	
Monounsaturated Fat:	1g	
Cholesterol:	0mg	0%
Sodium:	0mg	0%
Total Carbohydrate:	27g	10%
Dietary Fiber:	4g	13%
Total Sugars:	1g	
Protein:	5g	
Includes 0g Added Sugars:	0g	0%
Vitamin D:	0mcg	0%
Calcium:	20mg	0%
Iron:	1.5mg	8%
Potassium:	150mg	2%
Thiamine:	.2mg	15%

Phosphorus:	130mg	10%
--------------------	-------	-----

Magnesium:	40mg	10%
-------------------	------	-----