



**MARKETING**

100% Whole Grain Oats. \*\*365 Days for product performance 60 Days against infestation

**Nutrition Facts**

26 Servings per container

**Serving Size** 1/2 CUP

**Amount Per Serving**

**Calories** 180

% Daily Value\*

<b>Total Fat</b> 3.5 g	<b>4%</b>
Saturated Fat 0.5 g	<b>3%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 0 mg	<b>0%</b>
<b>Total Carbohydrates</b> 31 g	<b>11%</b>
Dietary Fiber 4 g	<b>16%</b>
Total Sugars 0 g	
Includes 0 g Added Sugars	<b>0%</b>
<b>Protein</b> 6 g	
Vitamin D 0 mcg	0%
Calcium 20 mg	0%
Iron 1.5 mg	10%
Potassium 160 mg	4%

**PRODUCT SPECIFICATIONS**

Code	Dist Prod Code	GTIN	Calculated Pack
71923-36820	935775	10071923368208	12 / / 42.0 Ounce

Brand	Brand Owner	GPC Description
HOSPITALITY	Gilster-Mary Lee Food Service	Cereals Products - Not Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
36 LBR	31.5 LBR	No	United States	Yes	No

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
23.375 INH	12.938 INH	9.688 INH	1.696 FTQ	6x4	365 Days	50 FAH / 85 FAH

\* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**ALLERGENS**

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - N
- Eggs - N
- Soy - N
- Wheat - N
- Sesame - N
- Peanuts - N
- Tree Nuts - N
- Fish - N
- Shellfish - N

**SERVING SUGGESTIONS**

1/2 CUP

**INGREDIENTS**

ROLLED OATSManufactured on shared equipment with products containing: Wheat, Milk

**HANDLING SUGGESTIONS**

DRY

**PREPARATION & COOKING SUGGESTIONS**

1 serving 1 cup water or milk scant 1/4 tsp salt (optional) 1/2 cup oats 6 serving 6 cup water or milk 1 tsp salt (optional) 3 cup oats 18 serving 4 15 qtrs. water or milk 1 tbsp. salt (optional) 9 cup oats 26 serving 6 1/2 qtrs. water or milk 1 1/2 tbsp. salt (optional) 13 cup oats 1. Stir oats into briskly boiling salted water or milk. 2. Cook 1 minute stirring occasionally 3. Cover remove from heat. Let stand a few minutes. For a creamier texture, put oats and salt in cold water or milk bring to a boil cook as above.

**MORE INFORMATION**

NUTRITIONAL ANALYSIS



Calories	180
Protein	6 g
Total Carbohydrates	31 g
Sugars	0 g
Dietary Fiber	4 g
Lactose	
Sucrose	
Vitamin A (IU)	0
Vitamin A (RE)	0
Vitamin C	
Magnesium	
Monosodium	

Total Fat	3.5 g
Trans Fat	0 g
Saturated Fat	0.5 g
Added Sugars	0 g
Polyunsaturated Fat	1.5 g
Monounsaturated Fat	1.5 g
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0 mg
Calcium	20 mg
Iron	1.5 mg
Potassium	160 mg
Zinc	
Phosphorus	
Thiamin	0.2 mg
Niacin	0.5 mg
Riboflavin	0.1 mg
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS



TRANS_FAT	FREE_FROM
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KOSHER	YES
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