



MARKETING

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

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

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

Nutrition Facts

26 Servings per container

Serving Size1/2 CUP

Amount Per Serving

Calories180

% Daily Value*

Total Fat3.5 g4%

Saturated Fat0.5 g3%

Trans Fat0 g

Cholesterol0 mg0%

Sodium0 mg0%

Total Carbohydrates31 g11%

Dietary Fiber4 g16%

Total Sugars0 g

Includes 0 g Added Sugars0%

Protein6 g

Vitamin D0 mcg0%

Calcium20 mg0%

Iron1.5 mg10%

Potassium160 mg4%

* 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.

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

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NUTRITIONAL ANALYSIS



Calories	180	Total Fat	3.5 g	Sodium	0 mg
Protein	6 g	Trans Fat	0 g	Calcium	20 mg
Total Carbohydrates	31 g	Saturated Fat	0.5 g	Iron	1.5 mg
Sugars	0 g	Added Sugars	0 g	Potassium	160 mg
Dietary Fiber	4 g	Polyunsaturated Fat	1.5 g	Zinc	
Lactose		Monounsaturated Fat	1.5 g	Phosphorus	
Sucrose		Cholesterol	0 mg		
Vitamin A (IU)	0	Vitamin D	0 mcg	Thiamin	0.2 mg
Vitamin A (RE)	0	Vitamin E		Niacin	0.5 mg
Vitamin C		Folate		Riboflavin	0.1 mg
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

NUTRITIONAL CLAIMS



TRANS_FAT	FREE_FROM	KOSHER	YES
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