## 202515 - Quaker Instant Oats 0.98 Ounce 48 Pack

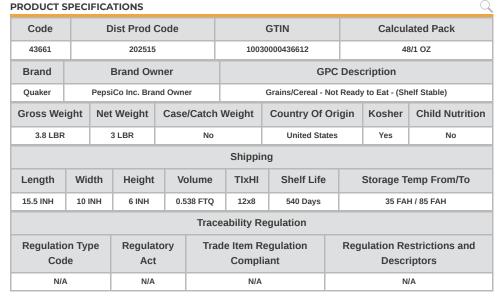
QUAKER Instant Oatmeal Single Serve packets is the right option for you to purchase if you are a low volume seller of oatmeal and you want to control your food costs. You can quickly prepare QUAKER Instant Oatmeal and customize for table service. Also a great option if you include instant oatmeal on your breakfast bar.



#### MARKETING

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# **Nutrition Facts**

1 Servings per container

Serving Size Per Serving

Amount Per Serving Calories

100

	% Daily Value*
Total Fat 2	3%
Saturated Fat 0.5 g	3%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 75 mg	3%
Total Carbohydrates 18 g	7%
Dietary Fiber 3 g	9%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 4 g	
Vitamin D 0 mcg	0%
Calcium 120 mg	8%
Iron 7.8 mg	40%
Potassium 100 mg	2%

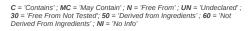
#### HANDLING SUGGESTIONS



All products are code dated with expiration date. Rotate product to insure fresh products. Destroy out of code products. Store out of direct sunlight at room temperature.

#### **ALLERGENS**







( Peanuts - NI



((j)) Tree - NI

🗞 So

Soybean - NI

🧭 Fish - NI

(♚) Wheat - NI

Shellfish - NI

Sesame - NI

## INGREDIENTS



Whole Grain Oats, Calcium Carbonate, Salt, Reduced Iron..

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

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## PREPARATION & COOKING SUGGESTIONS



## SERVING SUGGESTIONS



## MORE INFORMATION



2/3 cup unheated milk or water, stir. Microwave on HIGH 1 to 2 minutes; stir again. Caution: Bowl and contents may be hot. Microwave ovens vary in power. Cooking time may need to be adjusted. FOR THICKER OATMEAL, USE LESS WATER OR MILK.

Empty packet into microwave-safe bowl. Add up to

## **NUTRITIONAL ANALYSIS**



Calories	100
Protein	4 g
Total Carbohydrates	18 g
Sugars	0 g
Dietary Fiber	3 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	2
Trans Fat	0 g
Saturated Fat	0.5 g
Added Sugars	0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	0.5 g
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	75 mg
Calcium	120 mg
Iron	7.8 mg
Potassium	100 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

## **NUTRITIONAL CLAIMS**

KOSHER

YES

## MORE IMAGES





