

BOB'S RED MILL

00039978103758 - Bob's Red Mill Gluten Free Rolled Oats

One, 25 pound bulk bag. Gluten Free; Vegan; Vegetarian; 100% Whole Grain; High in Fiber; Kosher Pareve. Manufactured in a dedicated gluten free facility; R5-ELISA tested gluten free. 100% whole grain. Prepare on the stove or in the microwave



MARKETING

Whole grain oats grown on some of the best oat-growing fields in the world

Nutrition Facts

236 Servings per container	
Serving Size	1/2 cup (48g)
Amount Per Serving	
Calories	190
% Daily Value*	
Total Fat	43%
Saturated Fat	0%
Trans Fat	0 g
Cholesterol	0 mg0%
Sodium	0 mg0%
Total Carbohydrates	33 g11%
Dietary Fiber	5 g14%
Total Sugars	0 g
Includes 0 g Added Sugars	0%

Protein	6 g
Vitamin D	0 mcg0%
Calcium	14 mg0%
Iron	10 mg10%
Potassium	172 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.

PRODUCT SPECIFICATIONS

Code		GTIN			Pack Description		
P101676		00039978103758			1/25 lbs		
Brand		Brand Owner			GPC Description		
BOB'S RED MILL		BOB'S RED MILL NATURAL FOODS INC			Cereals Products - Not Ready to Eat (Shelf Stable)		
Gross Weight		Net Weight	Case/Catch Weight		Country Of Origin	Kosher	Child Nutrition
25.5 LBR		25 LBR	No		United States	Yes	No
Shipping							
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To	
30 INH	16 INH	4 INH	1.111 FTQ	5x12	548 Days	32 FAH / 71 FAH	
Traceability Regulation							
Regulation Type Code		Regulatory Act	Trade Item Regulation Compliant			Regulation Restrictions and Descriptors	
N/A		N/A	N/A			N/A	

HANDLING SUGGESTIONS

Keeps best refrigerated or frozen. Use as per recipe.

ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; INII = 'Intentionally nor Inherently Included'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - N
- Peanuts - N
- Eggs - N
- Tree - MC
- Soybean - MC
- Fish - N
- Wheat - N
- Shellfish - NI
- Sesame - MC
- Crustaceans - N

INGREDIENTS

Whole grain oats

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PREPARATION & COOKING SUGGESTIONS

Bring the water and salt to a boil. Add the rolled oats, reduce heat, and cook 10-20 minutes (depending on the consistency you desire). Stir occasionally. Cover and remove from heat and let stand a few minutes.

SERVING SUGGESTIONS

Add in extras like chia seeds, flaxseed meal, dried fruit, nuts, seeds

MORE INFORMATION

Telephone : 800-349-2173, Website : www.bobsredmill.com