

Rolled Oats

Nutrition Facts

Serving Size: 1/2 Cup (50g) Dry
Servings Per Container: 181

Amount Per Serving

Calories 190 **Calories from Fat 30**

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 33g **11%**

Dietary Fiber 5g **20%**

Sugars 0g

Protein 8g

Vitamin A 0% • **Vitamin C 0%**

Calcium 2% • **Iron 15%**

*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbs 4 • Protein 4

SERVINGS	QUICK OATS	WATER	SALT
1	1/2 Cup	1 Cup	1/8 Tsp
2	1 Cup	2 Cups	1/4 Tsp
4	2 Cups	4 Cups	1/2 Tsp

DIRECTIONS:

1. Remove oxygen absorber and discard.
2. Bring water to a boil and add salt (optional).
3. Stir in quick oats and cook 1 minute, stirring frequently.
4. Remove from heat and let stand 1 minute before serving.

Can be used in cookies, breads, cakes and more.

INGREDIENTS: Quick rolled oats.

Contains oxygen absorber.
Discard immediately upon opening.