



**QUAKER® INSTANT OATMEAL
CINNAMON SPICE - 1.51OZ.**

Claims

WHOLE GRAIN

Meets USDA Whole Grain-Rich Criteria

ALLERGENS

Not Containing Milk

Not Containing Peanuts or Tree Nuts

PRODUCT CLAIMS

Kosher

No Artificial Flavors

No Artificial Preservatives

Ingredients

WHOLE GRAIN ROLLED OATS, SUGAR, SALT, CINNAMON AND OTHER SPICES, CALCIUM CARBONATE, GUAR GUM, CARAMEL COLOR, NIACINAMIDE*, REDUCED IRON, VITAMIN A PALMITATE, PYRIDOXINE HYDROCHLORIDE*, RIBOFLAVIN*, THIAMIN MONONITRATE*, FOLIC ACID*. *ONE OF THE B VITAMINS

Product Specs

CASE UPC: 100-30000-31208-4

KOSHER STATUS: Kosher Pareve

PACKAGE UPC: 0-30000-31208-7

GRAIN OZ. EQ: 1.0 oz. eq.

CASE PACK: 12/10 ct boxes (15.2 oz.)

WEIGHT OF GRAIN: 30 g

Nutritional Facts

Serving Size: 1 packet (43g)

Calories: 160

Calories from fat: 20

Nutrient Type	Packaged: Value(Quantity Contained)	Packaged: Value(% Daily Value)
Total Fat:	2g	3%
Saturated Fat:	.5g	2%
Trans Fat:	0g	
Polyunsaturated Fat:	.5g	
Monounsaturated Fat:	1g	
Cholesterol:	0mg	0%
Sodium:	210mg	9%
Total Carbohydrate:	32g	11%
Dietary Fiber:	3g	12%
Soluble Fiber:	1g	
Total Sugars:	11g	
Protein:	4g	
Vitamin A:		15%
Vitamin B6:		15%
Vitamin C:		0%
Calcium:		10%
Iron:		20%
Potassium:	120mg	3%
Thiamine:		20%
Riboflavin:		20%
Niacin:		15%
Phosphorus:		10%
Magnesium:		10%
Folic Acid:		20%