

## Quaker® Whole Grain Quick Rolled Oats 42 oz.



Nutrition Facts	
Servings Per Container about 30	
Serving size 1/2 cup dry (40g)	
Amount per serving	
<b>Calories</b>	<b>150</b>
% Daily Value*	
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 4g	<b>13%</b>
Soluble Fiber 2g	
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	
Vitamin D 0mcg 0% • Calcium 20mg 0%	
Iron 1.5mg 8% • Potassium 150mg 2%	
Thiamin 0.2mg 15% • Phosphorus 130mg 10%	
Magnesium 40mg 10%	
* The % Daily Value (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: WHOLE GRAIN ROLLED OATS.

Case UPC	10030000432850
Package UPC	030000432853
Case Pack	12/42 oz. cannisters
Kosher Status	Kosher Pareve
Grain – oz. eq	1.25 OEG
Creditable Grain	40 g
Document Updated	01/03/2022

- No Preservatives
- No Artificial Flavors
- Non GMO Project Verified

I verify the information is accurate as of 01/03/2022.

*Rachel Huber*

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