

GMLFS QUICK OATS



1037 State Street
Chester, IL 62233
618-826-2361

Nutrition Facts

Serving per container: about 504

Serving Size: 1/2 cup (45g)

Amount Per Serving

Calories: 180

		% Daily Value*
Total Fat:	3.5g	4%
Saturated Fat:	0.5g	3%
Trans Fat:	0g	
Polyunsaturated Fat:	1.5g	
Monounsaturated Fat:	1.5g	
Cholesterol:	0mg	0%
Sodium:	0mg	0%
Total Carbohydrate:	31g	11%
Dietary Fiber:	4g	16%
Total Sugars:	0g	
Includes 0g Added Sugars		0%
Protein:	6g	
Vitamin D:	0mcg	0%
Calcium:	20mg	0%
Iron:	1.5mg	10%
Potassium:	160mg	4%
Vitamin A:	0mcg RAE	0%
Thiamine:	0.2mg	20%
Riboflavin:	0.1mg	6%
Niacin:	0.5mg	2%

*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.

Storage and Handling Suggestions:

50°F to 85°F with a target temperature
of 70°F with humidity under 50%

More Information:

**365 Days for product performance
60 Days against infestation

PRODUCT SPECIFICATIONS:

Brand	Pack	General Product Description	
GMLFS	1/50 lb.	Cereal, Hot, Oats, Quick	
MFG. Code	GTIN	UPC	
71923-64196	00071923641960	0 71923 64196 0	
Net Weight	Gross Weight	Country of Origin	Kosher
50 lbs.	51 lbs.	USA	Yes

Shipping Information:

Dimensions:	26.0 x 15.0 x 7.5	Cube:	1.693
TI x HI:	4 x 10	(TI = Amount on a Layer) (HI = Number of Layers High)	
Shelf Life:	365 Days from Date of Manufacture**	Date Code:	Production

Ingredients:

ROLLED OATS

Manufactured on shared equipment with products containing: Wheat

Allergens:

None

Benefits:

100% Whole Grain Oats

45g Whole Grains per serving

Preparation:

Servings	Water	Salt (optional)	Oats
10	2 1/2 qts.	2 tsp.	1 lb.
50	3 gal + 2 cups	3 tsp.	5 lbs.
100	6 1/4 gal	1/3 cup	10 lbs.
250	15 1/2 gal + 2 cups	1 cup	25 lbs.

1. Stir oats into briskly boiling salted water or milk.
 2. Cook 1 minute, stirring occasionally.
 3. Cover; remove from heat. Let stand a few minutes.
- For a creamier texture, put oats and salt in cold water; bring to a boil. Cook as above

