

**QUAKER® INSTANT OATMEAL APPLE & CINNAMON – 1.51 oz. (43 g)**

<b>Nutrition Facts</b>	
Serving Size 1 Cup (43 g)	
Servings Per Container 1	
<b>Amount Per Serving</b>	
<b>Calories</b> 160	Calories from Fat 20
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat .5g	
Monounsaturated Fat .5g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 200mg	<b>8%</b>
<b>Potassium</b> 140mg	<b>4%</b>
<b>Total Carbohydrate</b> 33g	<b>11%</b>
Dietary Fiber 4g	<b>14%</b>
Soluble Fiber 1g	
Sugars 12g	
<b>Protein</b> 4g	
Vitamin A	20%
Vitamin C	0%
Calcium	10%
Iron	20%
Thiamin	20%
Riboflavin	25%
Niacin	25%
Vitamin B <sub>6</sub>	20%
Folic Acid	20%
Phosphorus	10%
Magnesium	8%
* 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
Sat. 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

**INGREDIENTS:**

WHOLE GRAIN ROLLED OATS, SUGAR, DEHYDRATED APPLES (TREATED WITH SODIUM SULFITE TO PROMOTE COLOR RETENTION), NATURAL AND ARTIFICIAL FLAVOR, SALT, CINNAMON, CALCIUM CARBONATE, CITRIC ACID, GUAR GUM, MALIC ACID, NIACINAMIDE\*, REDUCED IRON, VITAMIN A PALMITATE, PYRIDOXINE HYDROCHLORIDE\*, RIBOFLAVIN\*, THIAMIN MONONITRATE\*, FOLIC ACID\*, CAMEL COLOR.

\*ONE OF THE B VITAMINS

Case UPC	000-30000-31973-4
Package UPC	0-30000-31956-7
Case Pack	24 / 1.51 oz. cups
Kosher Status	Yes – Kosher Pareve
AHG Compliant	Yes – M, H
Grains – oz. eq.	.75 oz. eq.
Document Updated	1/14

All products are accurately labeled with the most current information however, since the ingredients are subject to change at any time, we recommend you check the label on the specific product for the most current and accurate information