

Rolled Oats

Nutrition Facts

90 servings per container

Serving size 1/2 Cup (50g) Dry
(about 1 Cup prepared)

Amount per serving

Calories 190

% Daily Value*

Total Fat 3.5g 4%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 33g 12%

Dietary Fiber 5g 18%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 8g

Vitamin D 0mcg 0%

Calcium 27mg 2%

Iron 2mg 10%

Potassium 215mg 4%

*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.

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

STOVE TOP DIRECTIONS:

1. Remove oxygen absorber and discard.
2. Bring water and salt to a boil.
3. Stir in oats.
4. Cook 1 minute, stirring occasionally.
5. Remove from heat and let stand 2 to 3 minutes.
6. Serve.

MICROWAVE DIRECTIONS:

1. Remove oxygen absorber and discard.
2. Combine water, oats, and salt in a microwave safe dish.
3. Microwave for approximately 3 to 5 minutes.

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

INGREDIENTS: Quick oats.

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