

## **QUAKER® INSTANT QUICK OATMEAL VARIETY PACK (31682)**

Case UPC 000-30000-31682-5

Package UPC 0-30000-31682-8

Case Pack 64 packets:

20 Maple Brown Sugar16 Apple Cinnamon12 Cinnamon Spice

16 Original

Document Updated 5/15







**Nutrition Facts** Serving Size 1 Packet (43 g) Amount Per Serving Calories 160 Calories from Fat 20 % Daily Value\* Total Fat 2g 3% Saturated Fat .5g 2% Trans Fat 0g Polyunsaturated Fat 0.5g Monounsaturated Fat 1.0g Cholesterol 0mg 0% 11% Sodium 260mg 3% Potassium 115mg Total Carbohydrate 32g 11% Dietary Fiber 3g 12% Soluble Fiber 1g Sugars 12g Protein 4g Vitamin A 15% Vitamin C 0% Calcium 8% Iron 15% Thiamin 15% Riboflavin 20% Niacin 20% Vitamin B6 20% Folic Acid 15% Phosphorus 10% Magnesium 10% 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 80g Less than 65g 20g 300mg Sat. Fat Less than Cholesterol Less than 300ma

2,400mg

3,500mg 300g

2,400mg

3,500mg

375g

Sodium

Potassium

Dietary Fiber

Total Carbohydrate

INGREDIENTS: WHOLE GRAIN ROLLED OATS, SUGAR, NATURAL AND ARTIFICIAL FLAVOR, SALT, CALCIUM CARBONATE, GUAR GUM, CARAMEL COLOR, NIACINAMIDE\*, REDUCED IRON, VITAMIN A PALMITATE, PYRIDOXINE HYDROCHLORIDE\*, RIBOFLAVIN\*, THIAMIN MONONITRATE\*, FOLIC ACID\*.

\*ONE OF THE B VITAMINS

Kosher Status	Kosher Pareve
Grain – oz. eq.	1.0 oz. eq.
Weight of Grain	29 g
Document Updated	5/15

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







# **Nutrition Facts**

Nutrition Facts			
Serving S	ize 1 Pack	et (43 g)	
Amount Per	Serving		
Calories	160 Ca	alories fro	m Fat 20
		%	Daily Value*
Total Fat	2g		3%
Saturate	d Fat .5g		2%
Trans Fa	at 0g		
Polyunsa	aturated F	at 0.5g	
Monoun	saturated	Fat 1.0g	
Choleste	r <b>ol</b> 0mg		0%
Sodium 2	10mg		9%
Potassiu			3%
Total Car	bohydrate	<b>9</b> 32g	11%
Dietary I			12%
Soluble	e Fiber 1g		
Sugars '	11g		
Protein 4	g		
Vitamin A			15%
Vitamin C			0%
Calcium			10%
Iron			20%
Thiamin			20%
Riboflavin			20%
Niacin			15%
Vitamin B	6		15%
Folic Acid			20%
Phosphor	us		10%
Magnesiu			10%
calorie diet.	ily Values are Your daily valing on your	alues may b calorie nee	e higher or ds:
Total Fat	Calories: Less than	2,000 65g	2,500 80g
Sat. Fat Cholesterol Sodium Potassium Total Carboh Dietary Fibe	Less than Less than Less than	20g 300mg 2,400mg 3,500mg 300g 25g	25g 300mg 2,400mg 3,500mg 375g

30g

Dietary Fiber

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**

Kosher Status	Kosher Pareve
Grain – oz. eq.	1.0 oz. eq.
Weight of Grain	30 g
Document Updated	4/15

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







Nutr	ition	<b>Facts</b>

nuu	ILIC	JI		CtS
Serving S	ize 1 F	Pack	et (28 g)	
Amount Per	Serving	J		
Calories	100	Ca	alories fro	m Fat 20
			%	Daily Value*
Total Fat	2g			3%
Saturate	d Fat	.5g		2%
Trans Fa	at 0g			
Polyunsa	aturate	ed F	at 0.5g	
Monouns	satura	ted	Fat 0.5g	
Cholester	<b>rol</b> 0m	ıg		0%
Sodium 7	5mg			3%
Potassiur	<b>n</b> 105	mg		3%
Total Car	bohyd	drate	• 19g	6%
Dietary F	iber 3	3g		11%
Soluble	e Fibe	r 1g		
Sugars (	)g			
Protein 4	g			
Vitamin A				15%
Vitamin C				0%
Calcium				10%
Iron				40%
Thiamin				10%
Phosphore	us			10%
Magnesiu	m			8%
* Percent Dai calorie diet. lower deper	ly Value Your d	aily va	alues may b	e higher or
Total Fat	Less t		65g	80g
Sat. Fat Cholesterol	Less t		20g 300mg	25g 300mg
Sodium	Less		2,400mg	2,400mg
Potassium			3,500mg	3,500mg
Total Carboh			300g	375g
Dietary Fibe	ı		25g	30g

**INGREDIENTS**: WHOLE GRAIN ROLLED OATS, CALCIUM CARBONATE, SALT, GUAR GUM, CARAMEL COLOR, REDUCED IRON, VITAMIN A PALMITATE.

Kosher Status	Kosher Pareve
Grain – oz. eq.	.75 oz. eq.
Weight of Grain	27 g
Document Updated	5/15

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Nutr	itior	า Fa	cts
Serving Si	ze 1 Pacl	cet (43 g)	
Amount Per	Servina		
Calories		alories fro	m Fat 20
			Daily Value*
Total Fat	2a		3%
	aturated F	at 0.5g	
	saturated		
Sodium 2		r at log	8%
Total Carl		<b>9</b> 33n	11%
Dietary F		<b>c</b> dog	14%
	Fiber 1g		1470
Sugars 1			
Protein 4			
FIOLEIII 4	9		
Vitamin A			20%
Calcium			10%
Iron			20%
Thiamin			20%
Riboflavin			25%
Niacin			25%
Vitamin Be	3		20%
Folic Acid			20%
Phosphore	JS		10%
Magnesiu	m		8%
	ly Values are Your daily v		
	nding on you	calorie nee	ds:
Total Fat	Calories: Less than	2,000 65g	2,500
Sat. Fat	Less than	20g	80g 25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg

300g

25g

375g

30q

Total Carbohydrate Dietary Fiber

#### 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\*, CARAMEL COLOR.

### \*ONE OF THE B VITAMINS

Kosher Status	Kosher Pareve
Grain – oz. eq.	.75 oz. eq.
Weight of Grain	26 g
Document Updated	4/15

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