



Quick Oats

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Product Last Saved Date:04 February 2016

Nutrition Facts

Serving Size: 45 GR

Number of Servings per Package: 504

Amount Per Serving

Calories: 170 Calories from Fat: 25

% Daily Value*

Total Fat	3 g	4%
Saturated Fat	.5 g	3%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Total Carbohydrate	29 g	10%
Dietary Fiber	4 g	17%
Sugars	0 g	
Protein	7 g	

Vitamin A	Per Srv	0%	Vitamin C	Per Srv	0%
Calcium	0%	Iron	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
Calories per gram			
Fat	9	Carbohydrate	4
		Protein	4

Product Specifications:

Man Prod Code	Dist Prod Code	GTIN	Pack	Pack Description
71923-64196		00071923641960	1 X 50 LB	

Brand	Brand Owner	GPC Description
GMLFS	GILSTER-MARY LEE CORP	Cereals Products – Not Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
51 LB	50 LB	USA	Yes	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
26 IN	15 IN	7.5 IN	1.6927 CF	3x10	365 Days	50 FA / 85 FA

Ingredients:

Rolled Oats MANUFACTURED ON SHARED EQUIPMENT WITH PRODUCTS CONTAINING: SOY, WHEAT

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

Eggs - N	Milk - N	Peanuts - N
Soy - MC	Wheat - MC	TreeNuts - N
Fish - N	Crustacean - N	Nuts - N

Handling Suggestions:

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

Benefits:

Best quality; 3 minute cook; bulk for economy

Serving Suggestions:

1/2 cup dry

Prep & Cooking Suggestions:

Stir oats into briskly boiling water. Cook 1 minute stirring occasionally. 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. Yield: 1/2 cup=504 servings

More Information:

Manufactured on shared equipment with products containing: soy, wheat