

Nutrition Info



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|--------------------|----------------------------------|
| Item Number | Description |
| 212970 | 12/42Z HOSP QUICK OATS WG |
| UPC Code | Manufacturer |
| | GILSTER-MARY LEE FOODSERV |

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|--------------------|
| Ingredients |
| ROLLED OATS |

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| Allergy Info (Manufacturers are asked to review for the following allergens: Egg, Gluten-free ingredients, Milk, Peanut, Shellfish, Soy, Tree Nut, and Wheat. If applicable, they will appear below.) |
| No allergen information reported. |

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| Notes |
| NUTRITIONAL INFORMATION IS FOR 1/2 CUP PREPARED WITH SKIM MILK. Kosher symbol = OU Pareve |

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|---|------------------|
| Nutrition Facts | |
| Serving Size | 1/2c cooked(65g) |
| Servings Per Case | 210.00 |
| Amount Per Serving | % DV* |
| Calories 210.0 | 11% |
| Fat Calories 29.7 | |
| Total Fat 3.3g | 5% |
| Saturated Fat 0.6g | 3% |
| Trans Fat 0.0g | 0% |
| Cholesterol 3.0mg | 1% |
| Sodium 72.0mg | 3% |
| Total Carbohydrates 36.0g | 12% |
| Dietary Fiber 4.3g | 17% |
| Protein 7.0g | 14% |
| Vitamin A 300.0 IU | 6% |
| Vitamin C 1.2mg | 2% |
| Calcium 150.0mg | 15% |
| Iron 1.4mg | 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. | |

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|---|----|
| School Equivalents | |
| Serving Size | |
| Meat/Meat Alternatives | |
| Fruit/Vegetables | |
| Grain/Bread | |
| Milk | |
| Child Nutrition* | BG |
| *Key: USDA=Item has USDA CN label BG=Item is in the USDA Buyers Guide for Child Nutrition Program PFS=Manufacturer has provided a Product Formulation Statement | |

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