



CEREAL HOT OAT QUICK

SUPC: 4991378

Nutrition Information

Serving Size: 0.50 CUP (40 grams)

Amount Per Serving

Calories: 150

Calories from Fat: 25

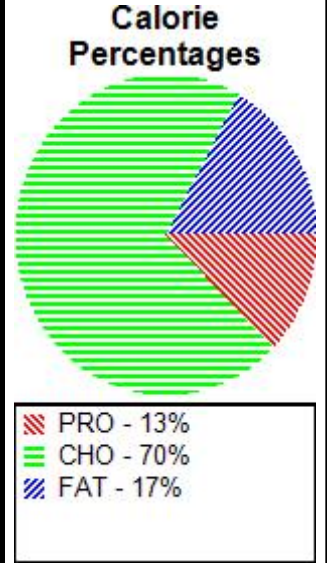
% Daily Value*

Total Fat:	3 Gram	5%
Saturated Fat:	0.5 Gram	2%
Trans Fat:	0 Gram	
Polyunsaturated Fat:	1 Gram	
Monounsaturated Fat:	1 Gram	
Cholesterol:	0 MG	0%
Sodium:	0 MG	0%
Potassium:	NA	NA
Total Carbohydrate:	27 Gram	9%
Dietary Fiber:	4 Gram	16%
Sugars:	1 Gram	
Protein:	5 Gram	

Vitamin A: 0%	●	Vitamin C: 0%
Calcium: 0%	●	Iron: 10%
Thiamin: 10%	●	Riboflavin: 2%
Phosphorus: 15%	●	

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories per gram:		
Fat 9	●	Carbohydrate 4
		● Protein 4



Ingredients:

100% Natural Whole Grain Quaker(R) quality rolled oats.

Notes

1. The nutritional values indicated may not be complete based on limited information from product manufacturer.
2. This is a representation of the nutrition label. Because the data may change from time to time, this information may not always be identical to the nutrition label information on products sold.
3. If the Nutrition Label, Allergen Information and/or Ingredient List on eNutrition conflicts with these three statements on the product packaging itself, defer to the information on the product packaging. To ensure complete and current information on a product, always contact the product manufacturer.
4. These items' qualification as "gluten-free" is dependent on the accuracy of the gluten-free representations of the manufacturers of the items and their ingredients. Therefore, Sysco and its affiliates do not guarantee that any item will be completely gluten-free. Consumers with celiac disease and/or gluten sensitivities should exercise proper caution in the consumption of any food items and should always consider their individual dietary requirements and needs.

School Equivalents

Portion Size: 1.41 oz.	ID#:	
Child Nutrition Label:		No
Product Formulation Statement:		Yes
Meat/Meat Alt:		N/A oz eq
Grain/Bread:		1.250 oz eq
Fruit:		N/A cup
Vegetable:		
Red/Orange:		N/A cup
Dark Green:		N/A cup
Starchy:		N/A cup

Beans/Peas:

N/A cup

Other:

N/A cup

Notes:

I certify that the above information is true and correct and that a 1.41 ounce portion of this product (ready for serving) provides 1.25 oz. eq. Grains. I further certify that non-creditable grains are not above .24 oz. eq. per portion.