



## **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 Sugar
- 16 Apple Cinnamon
- 12 Cinnamon Spice
- 16 Original

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.

**QUAKER INSTANT OATMEAL MAPLE BROWN SUGAR – 1.51 oz.**



<b>Nutrition Facts</b>	
Serving Size 1 Packet (43 g)	
Amount Per Serving	
<b>Calories</b> 160	Calories from Fat 20
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat .5g	<b>2%</b>
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1.0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 260mg	<b>11%</b>
<b>Potassium</b> 115mg	<b>3%</b>
<b>Total Carbohydrate</b> 32g	<b>11%</b>
Dietary Fiber 3g	<b>12%</b>
Soluble Fiber 1g	
Sugars 12g	
<b>Protein</b> 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	2,500
Total Fat	Less than 65g	80g
Sat. Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

**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

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**QUAKER INSTANT OATMEAL CINNAMON & SPICE – 1.51 oz.**



<b>Nutrition Facts</b>	
Serving Size 1 Packet (43 g)	
<b>Amount Per Serving</b>	
<b>Calories</b> 160	Calories from Fat 20
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat .5g	<b>2%</b>
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1.0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Potassium</b> 120mg	<b>3%</b>
<b>Total Carbohydrate</b> 32g	<b>11%</b>
Dietary Fiber 3g	<b>12%</b>
Soluble Fiber 1g	
Sugars 11g	
<b>Protein</b> 4g	
Vitamin A	15%
Vitamin C	0%
Calcium	10%
Iron	20%
Thiamin	20%
Riboflavin	20%
Niacin	15%
Vitamin B6	15%
Folic Acid	20%
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 2,500
Total Fat	Less than 65g 80g
Sat. Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

**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

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**QUAKER INSTANT OATMEAL REGULAR FLAVOR – .98 oz.**



**Nutrition Facts**

Serving Size 1 Packet (28 g)

Amount Per Serving

**Calories 100**    Calories from Fat 20

	% Daily Value*
<b>Total Fat 2g</b>	<b>3%</b>
Saturated Fat .5g	<b>2%</b>
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0.5g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 75mg</b>	<b>3%</b>
<b>Potassium 105mg</b>	<b>3%</b>
<b>Total Carbohydrate 19g</b>	<b>6%</b>
Dietary Fiber 3g	<b>11%</b>
Soluble Fiber 1g	
Sugars 0g	
<b>Protein 4g</b>	
Vitamin A	15%
Vitamin C	0%
Calcium	10%
Iron	40%
Thiamin	10%
Phosphorus	10%
Magnesium	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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		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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**QUAKER INSTANT OATMEAL APPLE & CINNAMON – 1.51 oz.**

<b>Nutrition Facts</b>	
Serving Size 1 Packet (43 g)	
<b>Amount Per Serving</b>	
<b>Calories</b> 160	Calories from Fat 20
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Polyunsaturated Fat 0.5g	
Monounsaturated Fat .5g	
<b>Sodium</b> 200mg	<b>8%</b>
<b>Total Carbohydrate</b> 33g	<b>11%</b>
Dietary Fiber 4g <b>14%</b>	
Soluble Fiber 1g	
Sugars 12g	
<b>Protein</b> 4g	
Vitamin A	20%
Calcium	10%
Iron	20%
Thiamin	20%
Riboflavin	25%
Niacin	25%
Vitamin B6	20%
Folic Acid	20%
Phosphorus	10%
Magnesium	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
Potassium	3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

**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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