

Hot Oatmeal

Nutrition Facts

Serving Size 3/4 Cup (175g)

Servings Per Container 1

Amount Per Serving

Calories 112 **Calories From Fat** 18

		% Daily Value*
Total Fat	2g	3%
Saturated Fat	<1g	2%
Trans Fat	<1 g	0%
Cholesterol	<1g	0%
Sodium	<1mg	0%
Total Carbohydrate	20g	7%
Dietary Fiber	3g	12%
Sugars	1g	

Protein 4g

Vitamin A 0% ● Vitamin C 0%

Calcium 0% ● Iron 7%

*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	

Ingredients: Quick Hot Oats Cereal (Rolled Oats); Water.

Allergy Information: