

Nutrition Information

Quaker Oats - Original Hot Cereal Individual Serve - Packet



Quaker Oats Original Hot Cereal
48 / 1oz Individual Serve - Packet

UPC: 030000001271



INGREDIENTS: Whole grain oats, calcium carbonate, salt, reduced iron.

Nutrition Facts

Serving Size 1 Packet (28g)

Amount Per Serving

Calories 100

		% Daily Value *
Total Fat	2 g	3%
Saturated Fat	0.5 g	3%
Trans Fat	0 g	
Polyunsaturated Fat	0.5 g	
Monounsaturated Fat	0.5 g	
Cholesterol	0 mg	0%
Sodium	75 mg	3%
Total Carbohydrate	18 g	6%
Dietary Fiber	3 g	10%
Soluble Fiber	1 g	
Total Sugars	0 g	
Includes Added Sugars	0 g	0%
Protein	4 g	
Vitamin D	0 mcg	0%
Calcium	120 mg	8%
Iron	7.8 mg	40%
Potassium	100 mg	2%