

Regular Rolled Oats

Nutrition Facts

108 servings per container

Serving size 1/2 Cup (42g) Dry
(about 1 Cup prepared)

Amount per serving

Calories 160

% Daily Value*

Total Fat 3g **4%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 28g **10%**

Dietary Fiber 4g **14%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 7g

Vitamin D 0mcg **0%**

Calcium 23mg **2%**

Iron 2mg **10%**

Potassium 180mg **4%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

SERVINGS	OATS	WATER	SALT
1	1/2 Cup	1 Cup	1/8 Tsp
2	1 Cup	2 Cups	1/4 Tsp
4	2 Cups	4 Cups	1/2 Tsp

STOVE TOP DIRECTIONS:

1. Remove oxygen absorber and discard.
2. Bring water to a boil, add salt.
3. Add oats, stir until oats reach desired thickness, about 8 to 10 minutes.

MICROWAVE DIRECTIONS:

1. Remove oxygen absorber and discard.
2. Combine water, oats, and salt in a microwave safe dish.
3. Microwave for approximately 3 to 5 minutes or until oats reach desired thickness

Serve with honey and milk. Also good in cookies breads, and granola.

INGREDIENTS: Oats.

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