We're here to help.
Quakeroats.com or 800.555.6287
Please have package available when calling.
RECOMMENDED DIRECTIONS
1. Remove both lid and seal.
2. Add boiling water to dark line inside cup, stir.
3. Replace lid and let stand for 3 minutes, stir.
MICROWAVE DIRECTIONS
1. Remove both lid and seal.
2. Add water to dark line inside cup, stir.
3. DO NOT COVER. Microwave on HIGH for 45 seconds (for microwaves under 900 watts, add 10–20 seconds if needed).
4. Stir. Let stand for 1 minute.
Adjust water for desired thickness.
Additional space included in cup to prevent product from boiling over.
CAUTION: Cup and contents may be hot.
0 30000 32229 1
32863222908 / 32733222902
270 CALORIES PER PACK
QUAKER
ESTD 1877
REAL MEDLEYS
SUPER GRAINS
BANANA WALNUT
FLAVORED, WITH OTHER NATURAL FLAVORS
MULTIGRAIN OATMEAL + DICED BANANAS, CHOPPED WALNUTS, QUINOA AND FLAXSEED
37g WHOLE GRAINS
NO ARTIFICIAL PRESERVATIVES
GOOD SOURCE OF FIBER
7g Total Fat per serving
NET WT 2.46 OZ (70 g)
NO ARTIFICIAL FLAVORS
Nutrition Facts
1 serving per container
Serving size 1 package (70g)
Amount per serving
Calories 270
% Daily Value*
Total Fat 7g 9%
Saturated Fat 1g 4%
Trans Fat 0g
Polyunsaturated Fat 4.5g
Monounsaturated Fat 1.5g
Cholesterol 0mg 0%
Sodium 190mg 8%
Total Carb. 49g 18%
Dietary Fiber 6g 21%
Total Sugars 18g
Incl. 13g Added Sugars 26%
Protein 7g
Vitamin D 0mcg 0% • Calcium 30mg 2%
Iron 1.8mg 10% • Potassium 300mg 6%
* 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.
INGREDIENTS: WHOLE GRAIN OATS, SUGAR, WHOLE GRAIN WHEAT, DRIED BANANAS, WALNUTS COATED WITH ROSEMARY EXTRACT (TO HELP PROTECT FLAVOR), BARLEY, WHOLE GRAIN RYE, QUINOA, FLAXSEED, SALT, NATURAL FLAVOR, CINNAMON. (F0000001128-L02-4)
CONTAINS WALNUT AND WHEAT INGREDIENTS.
DISTRIBUTED BY:
THE QUAKER OATS COMPANY
P.O. BOX 049003
CHICAGO, IL 60604-9003 U.S.A.
©2021 The Quaker Oats Company
smartlabel®
Scan here for more food information or call 1-800-555-6287
INTERPRESS

QUAKER
ESTD 1877
REAL MEDLEYS
SUPER GRAINS
BANANA WALNUT
FLAVORED, WITH OTHER NATURAL FLAVORS
MULTIGRAIN OATMEAL + BROWN SUGAR, DICED BANANAS, CHOPPED WALNUTS, QUINOA AND FLAX
32613222905