MICROWAVE COOKING DIRECTIONS
1. Remove lid completely.
2. Add milk or water to slightly above the line on the inside of the cup.
3. Stir well.
4. Microwave - HIGH 50 to 55 secs
(For milk prep, add 10 secs).
5. Stir and let stand for 2 mins.
CAUTION: Cup and contents may be hot. Microwave ovens vary in power. Cooking time may need to be adjusted.
HOT WATER OR MILK DIRECTIONS
1. Remove lid completely.
2. Add hot milk or boiling water to the line on inside of cup.
3. Stir well and let stand for 2 mins.
Adjust water or milk for desired thickness. Additional space included in cup to prevent product from boiling over.
CUP IS FOR SINGLE USE ONLY.
QUAKER
-ESTD 1877-
INSTANT OATMEAL
PROTEIN
MAPLE & BROWN SUGAR
FLAVOR WITH OTHER NATURAL FLAVORS
10g PROTEIN per serving
Provides ENERGY & Helps SATISFY
HEART HEALTHY
100% WHOLE GRAIN
42g or more per serving
100% OF THE GRAIN IS WHOLE GRAIN
NET WT 2.11 OZ (60 g)
220 CALORIES PER PACK
Nutrition Facts
1 serving per container
Serving size 1 package (60g)
Amount per serving
Calories 220
% Daily Value*
Total Fat 3.5g 4%
Saturated Fat 0.5g 4%
Trans Fat 0g
Polyunsaturated Fat 1g
Monounsaturated Fat 1g
Cholesterol 5mg 2%
Sodium 290mg 12%
Total Carb. 40g 15%
Dietary Fiber 4g 14%
Total Sugars 12g
Incl. 11g Added Sugars 22%
Protein 10g 17%
Vitamin D 0.1mcg 0% • Calcium 40mg 2%
Iron 1.6mg 8% • Potassium 180mg 2%
* 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, WHEY PROTEIN CONCENTRATE, WHEY PROTEIN ISOLATE, SALT, NATURAL FLAVOR, SOY LECITHIN.
CONTAINS MILK AND SOY INGREDIENTS.
(FOOD063180-L02-3)
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PULL
QUAKER
-ESTD 1877-
INSTANT OATMEAL
PROTEIN
MAPLE & BROWN SUGAR
FLAVOR WITH OTHER NATURAL FLAVORS
PULL