

Nutrition Facts	
About 14 servings per container	
Serving size 1/4 cup dry (40g)	
Amount per serving	
Calories	150
% Daily Value*	
Total Fat	3g
	Saturated Fat 0.5g
	Trans Fat 0g
	Polyunsaturated Fat 1g
	Monounsaturated Fat 1g
Cholesterol	0mg
Sodium	0mg
Total Carbohydrate	27g
	Dietary Fiber 4g
	Total Sugars 1g
	Includes 0g Added Sugars
Protein	5g
	Vitamin D 0mcg
	Calcium 20mg
	Iron 1.7mg
	Potassium 140mg
	Thiamin 0.2mg
	Phosphorus 130mg
	Magnesium 40mg
*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: Organic whole grain steel cut oats.



ESTD 1878

»» SPIRIT OF ««

INNOVATION

For over 140 years, QUAKER HAS BEEN CREATING NEW WAYS TO UNLOCK THE NUTRITION OF THE OAT. OUR STEEL CUT OATS HAVE A DELICIOUS HEARTY TEXTURE.

& A RICH NUTTY TASTE. PERFECT FOR MORNINGS

PREPARING GREAT OATMEAL

SERVINGS	1	4
STEEL CUT OATS	1/4 cup	1 cup
WATER or MILK	1-1/2 cups	4 cups

1. Bring water or milk to a boil in a medium saucepan.
2. Stir in oats, reduce heat to low.
3. Simmer uncovered over low heat, stirring occasionally, for 25-30 minutes or until oats are of desired texture.

DISTRIBUTED BY:
THE QUAKER OATS COMPANY
P.O. BOX 048003 CHICAGO, IL 60604-8003 U.S.A.
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Certified Organic by OTCO

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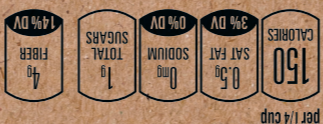
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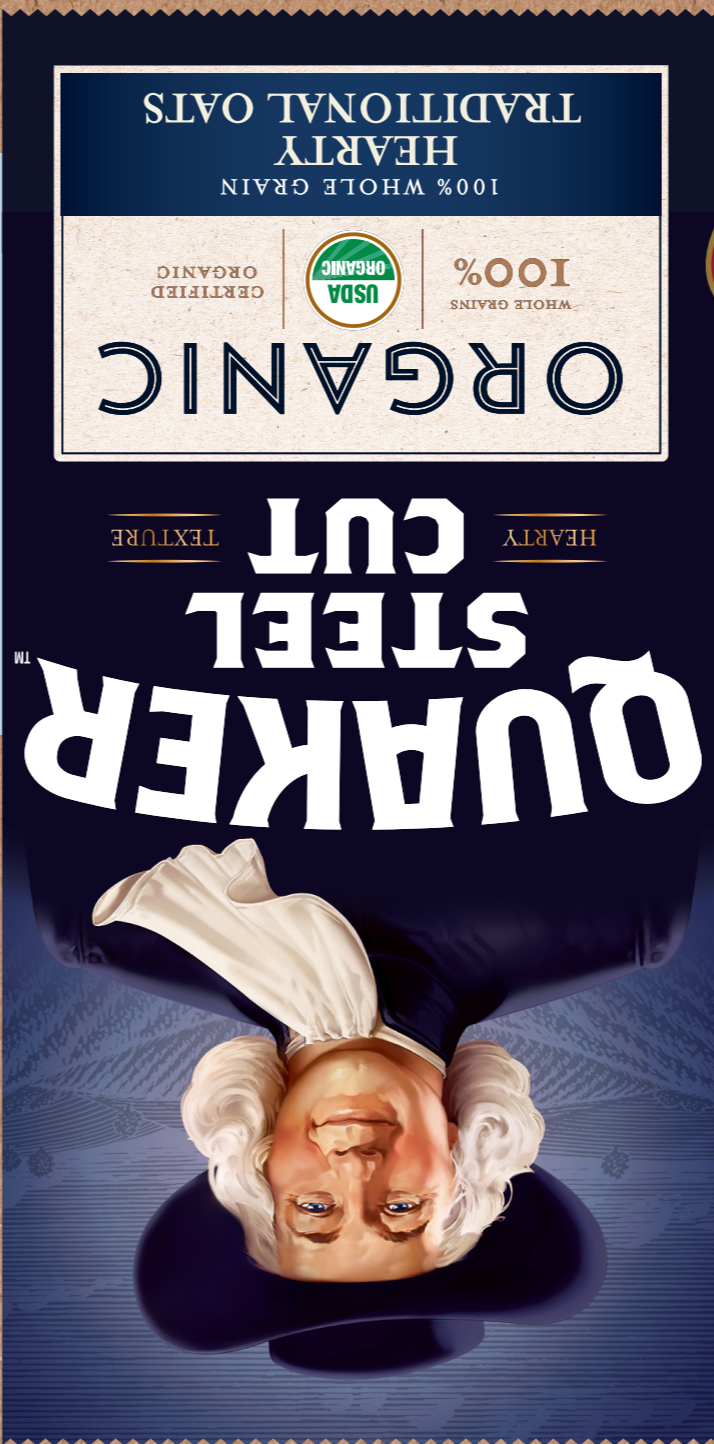
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We're here to help.
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Please have package available when calling.



NET WT 20 OZ (1 LB 4 OZ) 567 g



This cereal has 3 grams of soluble fiber from oatmeal daily in just 1/4 cup. It's a heart-healthy choice that can help reduce the risk of heart disease.

