
MICROWAVE COOKING DIRECTIONS
1. Remove lid completely.
2. Add water to the line on the inside of the cup. Stir well.
3. Microwave - HIGH 50 to 55 secs.
4. 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 DIRECTIONS
1. Remove lid completely.
2. Add boiling water to slightly below line on inside of cup.
3. Stir well and let stand for 2 mins.
Adjust water for desired thickness. Additional space included in cup to prevent product from boiling over.
CUP IS FOR SINGLE USE ONLY.
100% WHOLE GRAIN OATS
NO ARTIFICIAL PRESERVATIVES OR FLAVORS
QUAKER®
-ESTD 1877-
INSTANT OATMEAL
BLUEBERRY STRAWBERRY
FLAVOR WITH OTHER NATURAL FLAVORS
NET WT 1.69 OZ (48 g)
HEART HEALTHY
Diets rich in whole grain foods and other plant foods and low in saturated fat and cholesterol may help reduce the risk of heart disease.
100% WHOLE GRAIN
37g or more per serving
100% OF THE GRAIN IS WHOLE GRAIN
WholeGrainsCouncil.org
170 CALORIES PER PACK
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Nutrition Facts
1 serving per container
Serving size 1 package (48g)
Amount per serving
Calories 170
% Daily Value*
Total Fat 2.5g 3%
Saturated Fat 0.5g 3%
Trans Fat 0g
Polyunsaturated Fat 1g
Monounsaturated Fat 1g
Cholesterol 0mg 0%
Sodium 150mg 6%
Total Carb. 35g 13%
Dietary Fiber 4g 14%
Total Sugars 10g
Incl. 9g Added Sugars 17%
Protein 5g
Vitamin D 0mcg 0% • Calcium 20mg 0%
Iron 1.5mg 8% • Potassium 150mg 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, DRIED BLUEBERRIES, DRIED STRAWBERRIES, NATURAL FLAVOR, SALT. (F0000631573-L03-1)
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