32633159813

PROVIDES ENERGY & HELPS SATISFY

12G PROTEIN
per serving

QUAKER
-ESTD 1877-

HOT WATER OR MILK DIRECTIONS

1. Empty packet into bowl.
2. Add up to 1/2 cup of hot milk or boiling water.
3. Stir and let stand for 2 minutes.

Adjust water or milk for desired thickness.

MICROWAVE DIRECTIONS

1. Empty packet into microwave-safe bowl.
2. Add up to 3/4 cup of unheated milk or water, stir. For your convenience, you can use the packet as a measuring cup.
3. Microwave on HIGH 60 to 75 seconds.
4. Stir and let stand for 2 minutes.

Please adjust water or milk for desired consistency.

Caution: Bowl and contents may be hot. Microwave ovens vary in power. Cooking time may need to be adjusted.

NOW 12G PROTEIN per serving

QUAKER
-ESTD 1877-

PROTEIN
INSTANT OATMEAL

CRANBERRY ALMOND

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.

Enlarged Image

Per packet

230 CALORIES	1g SAT FAT 4% DV	170mg SODIUM 7% DV	10g ADDED SUGARS 19% DV

6 - 2.18 OZ (62 g) PACKETS NET WT 13.1 OZ (372 g)

Nutrition Facts

6 servings per container
Serving size 1 packet (62g)

Amount per serving
Calories 230

	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 1g	4%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
Cholesterol 10mg	4%
Sodium 170mg	7%
Total Carbohydrate 39g	14%
Dietary Fiber 4g	15%
Soluble Fiber 2g	
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 12g	22%
Vitamin D 0.1mcg	0%
Calcium 60mg	4%
Iron 1.7mg	8%
Potassium 230mg	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.

INGREDIENTS: Whole grain oats, sugar, whey protein concentrate, roasted almonds, dried cranberries, whey protein isolate, salt, natural flavor, soy lecithin, potassium salt.

CONTAINS ALMOND, MILK AND SOY INGREDIENTS.

DISTRIBUTED BY:
THE QUAKER OATS COMPANY
P.O. BOX 049003
CHICAGO, IL 60604-9003 U.S.A.
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QUAKER
-ESTD 1877-

12G PROTEIN per serving

PROTEIN
INSTANT OATMEAL

CRANBERRY ALMOND

F0000001080-L02-6

UPC / PURCHASE SEAL

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QUAKER INSTANT OATMEAL