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.
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QUAKER
-ESTD 1877-
REAL MEDLEYS
SUPER GRAINS
MAPLE PECAN RAISIN
FLAVORED OATMEAL, WITH OTHER NATURAL FLAVORS
MULTIGRAIN OATMEAL + PLUMP RAISINS, CHOPPED PECANS, CRANBERRIES, MAPLE FLAVOR, QUINOA AND FLAXSEED
260 CALORIES PER PACK
38g 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 260
% Daily Value*
Total Fat 7g 9%
Saturated Fat 1g 5%
Trans Fat 0g
Polyunsaturated Fat 2.5g
Monounsaturated Fat 3g
Cholesterol 0mg 0%
Sodium 230mg 10%
Total Carb. 48g 18%
Dietary Fiber 5g 18%
Total Sugars 16g
Incl. 10g Added Sugars 20%
Protein 6g
Vitamin D 0mcg 0% • Calcium 40mg 2%
Iron 2mg 10% • Potassium 270mg 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, RAISINS, ROASTED PECANS, WHOLE GRAIN WHEAT, BROWN SUGAR, BARLEY, WHOLE GRAIN RYE, DRIED CRANBERRIES, QUINOA, FLAXSEED, NATURAL FLAVOR, SALT, CINNAMON.
(F0000001129-L02-4)
CONTAINS PECAN AND WHEAT INGREDIENTS.
DISTRIBUTED BY:
THE QUAKER OATS COMPANY
P.O. BOX 049003
CHICAGO, IL 60604-9003 U.S.A.
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