MICROWAVE COOKING DIRECTIONS

1. Remove lid completely.
2. Add water to the line on the inside of the cup. Stir well.
3. Microwave - HIGH 45 to 50 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.

†6g sugar. Our regular Maple & Brown Sugar flavor contains 12g per 43g pouch.

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100% WHOLE GRAIN 29g or more per serving 100% OF THE GRAIN IS WHOLE GRAIN WholeGrainsCouncil.org

ⓊD

NET WT 1.41 OZ (40 g)

QUAKER®

–ESTD. 1877–

INSTANT OATMEAL

LOWER SUGAR

50% LESS SUGAR† THAN OUR LEADING FLAVOR OF INSTANT OATMEAL

NOT A LOW CALORIE FOOD

CINNAMON & PECAN

FLAVOR WITH OTHER NATURAL FLAVORS

100% WHOLE GRAIN OATS

NO ARTIFICIAL PRESERVATIVES OR FLAVORS

160 CALORIES PER PACK

Nutrition Facts

1 serving per container

Serving size 1 package (40g)

Amount per serving

Calories 160

	% Daily Value*
Total Fat 5g	**6%**
Saturated Fat 1g	**4%**
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2.5g	
Cholesterol 0mg	**0%**
Sodium 135mg	**6%**
Total Carb. 26g	**10%**
Dietary Fiber 3g	**11%**
Total Sugars 6g	
Incl. 5g Added Sugars	**10%**
Protein 4g	

Vitamin D 0mcg 0% • Calcium 20mg 0%
Iron 1.3mg 6% • Potassium 140mg 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, PECANS, SUGAR, BROWN SUGAR, SALT, CINNAMON, NATURAL FLAVOR, STEVIA LEAF EXTRACTS. (F0000001132-L04-3)

CONTAINS PECAN INGREDIENTS.

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

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