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
SUMMER BERRY
FLAVORED, WITH OTHER NATURAL FLAVORS
OATMEAL + DELICIOUS PIECES OF STRAWBERRIES, RASPBERRIES, WHOLE BLUEBERRIES & MULTIGRAINS
240 CALORIES PER PACK
45g WHOLE GRAINS
NO ARTIFICIAL PRESERVATIVES
GOOD SOURCE OF FIBER
3g 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 240
% Daily Value*
Total Fat 3g 4%
Saturated Fat 1g 4%
Trans Fat 0g
Polyunsaturated Fat 1g
Monounsaturated Fat 1g
Cholesterol 0mg 0%
Sodium 240mg 11%
Total Carb. 50g 18%
Dietary Fiber 6g 23%
Total Sugars 14g
Incl. 9g Added Sugars 19%
Protein 8g
Vitamin D 0mcg 0% • Calcium 80mg 4%
Iron 2.1mg 10% • Potassium 320mg 6%
* 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, WHOLE GRAIN WHEAT, BARLEY, WHOLE GRAIN RYE, NONFAT DRY MILK, DRIED BLUEBERRIES, DRIED STRAWBERRIES, DRIED RASPBERRIES, NATURAL FLAVOR, SALT. (31419-L02-6)
CONTAINS MILK AND WHEAT INGREDIENTS.
DISTRIBUTED BY:
THE QUAKER OATS COMPANY
P.O. BOX 049003
CHICAGO, IL 60604-9003 U.S.A.
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