QUAKER
DC
INSTANT OATMEAL
GOTHAM CITY™ S'MORES
FLAVOR WITH OTHER NATURAL FLAVORS
NO ARTIFICIAL PRESERVATIVES OR FLAVORS
25g WHOLE GRAINS
7g OF SUGAR
HOT WATER OR MILK DIRECTIONS
1. Empty packet into bowl.
2. Add up to 1/3 cup hot milk or boiling water, stir.
3. Let stand for 60 seconds.
MICROWAVE DIRECTIONS
1. Empty package into microwave-safe bowl.
2. Add up to 1/2 cup unheated milk or water, stir.
3. Microwave on HIGH 1 to 2 minutes; stir again.
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.
All DC characters and elements © & ™ DC. WB SHIELD: © & ™ WBEL (s22)
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Nutrition Facts
6 servings per container
Serving size 1 packet (35g)
Amount per serving
Calories 130
% Daily Value*
Total Fat 2g 3%
Saturated Fat 0.5g 3%
Trans Fat 0g
Polyunsaturated Fat 0.5g
Monounsaturated Fat 1g
Cholesterol 0mg 0%
Sodium 170mg 7%
Total Carbohydrate 25g 9%
Dietary Fiber 3g 9%
Soluble Fiber 1g
Total Sugars 7g
Includes 6g Added Sugars 13%
Protein 4g
Vitamin D 2.2mcg 10%
Calcium 130mg 10%
Iron 5.4mg 30%
Potassium 110mg 2%
Thiamin 0.3mg 25%
Riboflavin 0.33mg 25%
Niacin 4mg 25%
Vitamin B6 0.43mg 25%
Folate 130mcg DFE (77mcg Folic Acid) 30%
* 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.
One of the 25 vitamins.
INGREDIENTS: Whole grain oats, sugar, marshmallows (sugar, corn syrup, modified food starch, gelatin, natural flavor), graham cookie pieces (whole wheat flour, sugar, palm oil, honey, baking soda, salt, soy lecithin, natural flavor), cane sweet chocolate (powder sugar, unsweetened chocolate, dextrose), corn maltodextrin, cocoa powder, salt, natural flavor, calcium carbonate, honey, reduced iron, niacinamide*, folic acid*, vitamin B1 hydrochloride (thiamin)*, riboflavin*, vitamin B6 hydrochloride*, vitamin D3*.
CONTAINS SOY AND WHEAT INGREDIENTS.
DISTRIBUTED BY:
THE QUAKER OATS COMPANY
P.O. BOX 049003
CHICAGO, IL 60604-9003 U.S.A.
Scan here for more food information
1-800-555-0287
6 CT
6 - 1.23 OZ (35 g) PACKETS NET WT 7.4 OZ (210 g)
*TOPPINGS ADDED AS SERVING SUGGESTION
Enlarged Image
per packet
130 CALORIES
0.5g SAT FAT 2% RI
170mg SODIUM 7% RI
7g TOTAL SUGARS
F0000020386-L02-1
UPC/ PURCHASE SEAL
0 30000 57301 3
QUAKER INSTANT OATMEAL
TO CLOSE- INSERT TAB
LIFT TO TEAR
Remove flap along perforation on the back of box for a convenient pantry pack
PAPER BOX
MULTI-LAYER POUCH
We're here to help. Quakeroats.com or 800.555.0287 Please have package available when calling.
BEST IF USED BEFORE
SEE OTHER SIDE FOR OPENING INSTRUCTIONS
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