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. Microwaves 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.
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Additional space included in cup to prevent product from boiling over.
CAUTION: Cup and contents may be hot.
290 CALORIES PER PACK
QUAKER
-ESTD 1877-
REAL MEDLEYS
APPLE WALNUT
FLAVORED, WITH OTHER NATURAL FLAVORS
OATMEAL + SWEET DICED APPLES, CHOPPED WALNUTS, TART CRANBERRIES, MULTIGRAINS
35g WHOLE GRAINS
NO ARTIFICIAL PRESERVATIVES
GOOD SOURCE OF FIBER
7g Total Fat per serving
NET WT 2.64 OZ (75 g)
NO ARTIFICIAL FLAVORS
Nutrition Facts
1 serving per container
Serving size 1 package (75g)
Amount per serving
Calories 290
% Daily Value*
Total Fat 7g 9%
Saturated Fat 1g 5%
Trans Fat 0g
Polyunsaturated Fat 4g
Monounsaturated Fat 1.5g
Cholesterol 0mg 0%
Sodium 250mg 11%
Total Carb. 54g 20%
Dietary Fiber 5g 18%
Total Sugars 22g
Incl. 17g Added Sugars 35%
Protein 6g
Vitamin D 0mcg 0% • Calcium 30mg 2%
Iron 1.7mg 8% • Potassium 280mg 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, APPLES, WALNUTS COATED WITH ROSEMARY EXTRACT (TO HELP PROTECT FLAVOR), WHOLE GRAIN WHEAT, DRIED CRANBERRIES, BARLEY, WHOLE GRAIN RYE, SALT, CINNAMON, NATURAL FLAVOR. (31420-L02-6)
CONTAINS WALNUT AND WHEAT INGREDIENTS.
DISTRIBUTED BY:
THE QUAKER OATS COMPANY
P.O. BOX 049003
CHICAGO, IL 60604-9003 U.S.A.
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OATMEAL + SWEET DICED APPLES, TART CRANBERRIES, CHOPPED WALNUTS, AND MULTIGRAINS
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