



K-12



Nutrition Information

Hot Cereal | Foodservice

Nutrition Information

Quaker - Quick 1-Minute Oats - Canister



Quaker Quick 1-Minute Oats
12 / 42oz Canisters

UPC: 030000432853



INGREDIENTS: Whole Grain Rolled Oats

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Nutrition Facts

Serving Size 1/2 cup dry (40g)

Amount Per Serving

Calories 150

		% Daily Value *
Total Fat	3 g	4%
Saturated Fat	0.5 g	3%
Trans Fat	0 g	
Polyunsaturated Fat	1 g	
Monounsaturated Fat	1 g	
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Total Carbohydrate	27 g	10%
Dietary Fiber	4 g	13%
Soluble Fiber	2 g	
Total Sugars	1 g	
Includes Added Sugars	0 g	0%
Protein	5 g	
Vitamin D	0 mcg	0%
Calcium	20 mg	0%
Iron	1.5 mg	8%
Potassium	150 mg	2%
Thiamin	0.2 mg	15%
Phosphorus	130 mg	10%
Magnesium	40 mg	10%

Nutrition Information

Quaker - Kettle Hearty (Steam Table) Oats - Canister



Quaker Kettle Hearty (Steam Table) Oats 12 / 2.94 lb Canisters

UPC:

INGREDIENTS: Whole grain rolled oats.

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Nutrition Facts

Serving Size 1/2 cup dry (40g)

Amount Per Serving

Calories 150

		% Daily Value *
Total Fat	3 g	4%
Saturated Fat	0.5 g	3%
Trans Fat	0 g	
Polyunsaturated Fat	1 g	
Monounsaturated Fat	1 g	
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Total Carbohydrate	27 g	10%
Dietary Fiber	4 g	13%
Soluble Fiber	2 g	
Total Sugars	1 g	
Includes Added Sugars	0 g	0%
Protein	5 g	
Vitamin D	0 mcg	0%
Calcium	20 mg	0%
Iron	1.5 mg	8%
Potassium	150 mg	2%
Thiamine	0.2 mg	15%
Phosphorus	130 mg	10%
Magnesium	40 mg	10%

Nutrition Information

Quaker - Old Fashioned Oats - Canister



Quaker Old Fashioned Oats
12 / 2.94 lb Canisters

UPC: 30000432938



INGREDIENTS: Whole Grain Rolled Oats

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Nutrition Facts

Serving Size 1/2 cup dry (40g)

Amount Per Serving

Calories **150**

		% Daily Value *
Total Fat	3 g	4%
Saturated Fat	0.5 g	3%
Trans Fat	0 g	
Polyunsaturated Fat	1 g	
Monounsaturated Fat	1 g	
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Total Carbohydrate	27 g	10%
Dietary Fiber	4 g	13%
Soluble Fiber	2 g	
Total Sugars	1 g	
Includes Added Sugars	0 g	0%
Protein	5 g	
Vitamin D	0 mcg	0%
Calcium	20 mg	0%
Iron	1.5 mg	8%
Potassium	150 mg	2%
Thiamin	0.2 mg	15%
Phosphorus	130 mg	10%
Magnesium	40 mg	10%

Nutrition Information

Quaker Oats - Original Hot Cereal Individual Serve - Packet



Quaker Oats Original Hot Cereal
48 / 1oz Individual Serve - Packet

UPC:



INGREDIENTS: Whole grain oats, calcium carbonate, salt, reduced iron.

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Nutrition Facts

Serving Size 1 Packet (28g)

Amount Per Serving

Calories 100

		% Daily Value *
Total Fat	2 g	3%
Saturated Fat	0.5 g	3%
Trans Fat	0 g	
Polyunsaturated Fat	0.5 g	
Monounsaturated Fat	0.5 g	
Cholesterol	0 mg	0%
Sodium	75 mg	3%
Total Carbohydrate	18 g	6%
Dietary Fiber	3 g	10%
Soluble Fiber	1 g	
Total Sugars	0 g	
Includes Added Sugars	0 g	0%
Protein	4 g	
Vitamin D	0 mcg	0%
Calcium	120 mg	8%
Iron	7.8 mg	40%
Potassium	100 mg	2%

Nutrition Information

Quaker Oats - Maple Brown Sugar Hot Cereal Individual Serve - Packet



Quaker Oats Maple Brown Sugar Hot Cereal
48 / 1.5 oz Individual Serve - Packet

UPC: 030000001301



INGREDIENTS: Whole grain oats, sugar, salt, natural flavor.

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Nutrition Facts

Serving Size 1 Packet (43g)

Amount Per Serving

Calories 160

		% Daily Value *
Total Fat	2 g	3%
Saturated Fat	0.5 g	3%
Trans Fat	0 g	
Polyunsaturated Fat	0.5 g	
Monounsaturated Fat	1 g	
Cholesterol	0 mg	0%
Sodium	260 mg	11%
Total Carbohydrate	33 g	12%
Dietary Fiber	3 g	10%
Soluble Fiber	1 g	
Total Sugars	12 g	
Includes Added Sugars	12 g	24%
Protein	4 g	
Vitamin D	0 mcg	0%
Calcium	20 mg	0%
Iron	1.1 mg	6%
Potassium	110 mg	2%

Nutrition Information

Quaker Oats - Apples & Cinnamon Hot Cereal Individual Serve - Packet



Quaker Oats Apples & Cinnamon Hot Cereal
48 / 1 oz Individual Serve - Packet

UPC:

INGREDIENTS: Whole grain oats, sugar, salt, natural flavor.

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Nutrition Information

Quaker Oats - Cinnamon Spice Hot Cereal Individual Serve - Packet



Quaker Oats Cinnamon Spice Hot Cereal
48 / 1 oz Individual Serve - Packet

UPC:

INGREDIENTS: Whole grain oats, sugar, salt, natural flavor.

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