

# Rolled Oats

## Nutrition Facts

22 servings per container

**Serving size** 1/2 Cup (50g) Dry  
(about 1 Cup prepared)

Amount per serving

**Calories** 190

% Daily Value\*

**Total Fat** 3.5g 4%  
Saturated Fat 0.5g 3%

*Trans Fat* 0g

**Cholesterol** 0mg 0%

**Sodium** 0mg 0%

**Total Carbohydrate** 33g 12%

Dietary Fiber 5g 18%

Total Sugars 0g

Includes 0g Added Sugars 0%

**Protein** 8g

Vitamin D 0mcg 0%

Calcium 27mg 2%

Iron 2mg 10%

Potassium 215mg 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.

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SERVINGS	QUICK OATS	WATER	SALT
1	1/2 Cup	1 Cup	1/8 Tsp
2	1 Cup	2 Cups	1/4 Tsp
4	2 Cups	4 Cups	1/2 Tsp

### STOVE TOP DIRECTIONS:

1. Remove oxygen absorber and discard.
2. Bring water and salt to a boil.
3. Stir in oats.
4. Cook 1 minute, stirring occasionally.
5. Remove from heat and let stand 2 to 3 minutes.
6. Serve.

### MICROWAVE DIRECTIONS:

1. Remove oxygen absorber and discard.
2. Combine water, oats, and salt in amicrowave safe dish.
3. Microwave for approximately 3 to 5 minutes.

Can be used in cookies, breads, cakes, and more.

**INGREDIENTS:** Quick oats.