



Cuisine Solutions

102246 - Coconut Milk And Chia Seeds Oatmeal

Coconut Chia Oatmeal enjoyed hot or cold. Our Lightly sweetened mix of steel cut oatmeal, chia seeds, and coconut milk is a creative alternative to refresh any breakfast or dessert menu



\* Benefits

Coconut Chia Oatmeal, Cooked steel cut oat groats with chia seed and coconut milk

Ingredients

Cooked steel cut oat groats (whole grain oats, water, may contain trace amounts of wheat, barley, triticale, mustard, rye, and/or soybeans), coconut milk (coconut, water), guar, gum), water, sugar, chia seeds.

⚠ Allergens

Contains:

soy tree nuts wheat

Free From:

crustaceans eggs fish milk  
 peanuts sesame

Nutrition Facts

Servings per Container 4  
Serving size 226gs (1GS21)

Amount per serving  
**Calories 430**

% Daily Value*	
Total Fat 22g	28%
Saturated Fat 14g	70%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 51g	19%
Dietary Fiber 6g	21%
Total Sugars 20g	
Includes 18g Added Sugar	36%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 3mg	15%
Potassium 316mg	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.

Handling Suggestions

6 days from thawed

Serving Suggestions

1 cup

Prep & Cooking Suggestions

10-13 minutes in microwave

✏ Product Specifications

Brand	Manufacturer
Cuisine Solutions	Cuisine Solutions

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
	05410	102246	00101808872368		8/2 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
17.13lb	16lb	United States	No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
12in	11.1in	6.7in	0.52ft3	12x4	356days	-5°F / -2°F



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Nutrition Analysis - By Measure

Calories	430	Total Fat	22g	Sodium	10mg
Protein	7	Trans Fats	0g	Calcium	50mg
Total Carbohydrates...	51g	Saturated Fat	14g	Iron	3mg
Sugars	20g	Added Sugars	18g	Potassium	316mg
Dietary Fiber	6g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images

