



Cuisine Solutions
421293 - Steel Cut Oatmeal Vegan

Perfect for breakfast or dessert, our ready-to-eat, steel-cut oatmeal is creamy and smooth. Water, Cooked Steel Cut Oat Groats (may contain mustard, soybeans, wheat and other gluten sources), Salt.



Nutrition Facts

Servings per Container 44
Serving size 252.0g (252g)

Amount per serving
Calories 170

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0.5g	4%
Trans Fat 0g	
Cholesterol 5mg	1%
Sodium 160mg	7%
Total Carbohydrate 33g	12%
Dietary Fiber 6g	20%
Total Sugars 1g	
Includes 0g Added Sugar	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 44mg	4%
Iron 2mg	10%
Potassium 202mg	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.

* Benefits

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548 days from the production date on the pouch keep frozen at 0 F or below
6 days from thawed sealed pouch/keep 40 F or below
3 days (within the 6 days thawed above) open pouch/keep 40 F or below

Ingredients

Water, Cooked Steel Cut Oat (steel cut oat (may contain trace amounts of wheat, barley, triticale, mustard, rye and/or soybeans), water), Salt.

⚠ Allergens

Contains:

soy wheat

Free From:

crustaceans eggs fish milk
peanuts sesame tree nuts

Handling Suggestions

From Thawed

Convection Oven: 25-30 minutes at 350F

Serving Suggestions

See label for suggestions

Prep & Cooking Suggestions

From Frozen
Convection Oven: 45-50 minutes at 350F
Microwave Oven: 10-13 minutes (1100 watts)

From Thawed
Convection Oven: 25-30 minutes at 350F
Microwave Oven: 5-8 minutes (1100 watts)

✍ Product Specifications

Brand	Manufacturer
Cuisine Solutions	Cuisine Solutions

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
	3883	421293	10705044038831		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	6.7in	11.1in	0.52ft3	12x5	357days	-5°F / -2°F



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Nutrition Analysis - By Measure

Calories	170	Total Fat	3g	Sodium	160mg
Protein	5	Trans Fats	0g	Calcium	44mg
Total Carbohydrates...	33g	Saturated Fat	0.5g	Iron	2mg
Sugars	1g	Added Sugars	0g	Potassium	202mg
Dietary Fiber	6g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	5mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images

