



MALT-O-MEAL

058965 - Cereal Hot Oats Old Fashioned Wg K12

Naturally Cholesterol Free or A Cholesterol Free Food; Naturally Low Fat Food; good source of fiber



Nutrition Facts

Servings per Container 500
Serving size 1/2cup (40g)

Amount per serving
Calories 150

% Daily Value*

Total Fat	3g	4%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	27g	10%
Dietary Fiber	4g	14%
Total Sugars	0g	
Includes Added Sugar	0g	0%
Protein	5g	
Vitamin D	0mcg	0%
Calcium	20mg	2%
Iron	1.5mg	8%
Potassium	140mg	3%

* 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

Ingredients

100% whole grain rolled oats

Allergens

Free From:



Handling Suggestions

Dry

Serving Suggestions

serve with fruit and/or milk

Prep & Cooking Suggestions

See package

Product Specifications

Brand	Manufacturer	Product Category
MALT-O-MEAL	POST FOODSERVICE	Soup/Food Base, Broth & Boullon

MFG #	SPC #	GTIN	Pack	Pack Desc.
04651	058965	10042400046513	12	12/42 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
37.35lb	36lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
21.2in	16in	10.2in	2ft3	5x4	0DAYS	40°F / 111°F



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Nutrition Analysis - By Serving

Calories	150	Total Fat	3g	Sodium	0mg
Protein	5	Trans Fats	0g	Calcium	20mg
Total Carbohydrates...	27g	Saturated Fat	0.5g	Iron	1.5mg
Sugars	0g	Added Sugars	0g	Potassium	140mg
Dietary Fiber	4g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		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

