



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

\* 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:

- crustaceans
- eggs
- fish
- milk
- peanuts
- soy
- tree nuts
- wheat

### 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	Cereal

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	TlxHI	Shelf Life	Storage Temp From/To
21.2in	16in	10.2in	2ft3	5x4	0DAYS	40°F / 111°F



**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 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

