



MALT-O-MEAL

# 514194 - Cereal Oatmeal Instant Maple Brown S/O

Good source of Vitamins & Minerals; Naturally Cholesterol Free or A Cholesterol Free Food; Naturally Low Fat Food; good source of fiber; no artificial colors or flavors;



## Nutrition Facts

Servings per Container 48  
Serving size .5cup (43g)

Amount per serving  
**Calories 160**

	% Daily Value*
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 33g	<b>12%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 13g	
Includes Added Sugar	<b>%</b>

<b>Protein</b> 4g	
Vitamin D	<b>0%</b>
Calcium 100mg	<b>8%</b>
Iron 3.6mg	<b>20%</b>
Potassium	<b>%</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

Whole grain rolled oats,sugar, salt, natural flavors, calcium carbonate, nonfat milk, guar gum, caramel color, niacin (niacinamide) vit A palmitate, reduced iron, vitamin B6 (pyridoxine hydrochloride) vitamin B2 riboflavin) vitamin B1 (thiamin mononitrate) folate (folic acid)

#### ⚠ Allergens

##### Free From:



#### Handling Suggestions

Dry

#### Serving Suggestions

serve with fruit and/or milk

#### Prep & Cooking Suggestions

DIRECTIONS: MAKE WITH HOT WATER - Empty packet into bowl. Add up to 1/2 cup boiling water, stir. FOR THICKER OATMEAL, USE LESS WATER:: 2 PACKETS: Empty packets into bowl. Add 1 cup boiling water, stir. DIRECTIONS: MAKE IN MICROWAVE - Empty packet into microwave-safe bowl. Add up to 2/3 cup milk or water. Microwave on HIGH 1 to 2 minutes, stir. FOR THICKER OATMEAL, USE LESS WATER

#### 📄 Product Specifications

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

MFG #	SPC #	GTIN	Pack	Pack Desc.
11850	514194	00042400118503	200	200/1.5OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
20.68lb	18.88lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
19.5in	9.8in	9.56in	1.06ft3	1x1	0DAYS	40°F / 111°F



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## Nutrition Analysis - By Serving

Calories	160	Total Fat	2g	Sodium	240mg
Protein	4	Trans Fats	0g	Calcium	100mg
Total Carbohydrates...	33g	Saturated Fat	0g	Iron	3.6mg
Sugars	13g	Added Sugars		Potassium	
Dietary Fiber	3g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

### Additional Images

