



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*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 33g	12%
Dietary Fiber 3g	11%
Total Sugars 13g	
Includes 0g Added Sugar	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 100mg	8%
Iron 3.6mg	20%
Potassium 0mg	0%

* 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
MALT-O-MEAL	POST FOODSERVICE

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



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 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	0g	Potassium	0mg
Dietary Fiber	3g	Polyunsaturated Fat	0g	Zinc	0
Lactose		Monounsaturated Fat	0g	Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•	0	Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate	0mg	Riboflavin	0mg
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

 Additional Images

