



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

48 Servings Per Container

Serving size **.5cup (43g)**

Amount per serving  
**Calories 160**

	% Daily Value*
<b>Total Fat</b> 2 g	<b>3%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 240 mg	<b>10%</b>
<b>Total Carbohydrate</b> 33 g	<b>12%</b>
Dietary Fiber 3 g	<b>11%</b>
Total Sugars 13 g	
Includes Added Sugar	<b>%</b>
<b>Protein</b> 4 g	
Vitamin D	<b>0%</b>
Calcium 100 mg	<b>8%</b>
Iron 3.6 mg	<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
MALT-O-MEAL	Post Consumer Brands

MFG #	SPC #	GTIN	Pack	Pack Desc.
11850	514194	00042400118503	200	200 / 1.51 ONZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
20.63 lb	18.87 lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
19.5 in	9.81 in	9.56 in	1.06 ft3	10x4	545 DAYS	32 °F / 95 °F



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## Nutrition Analysis - By Serving

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

### Additional Images

