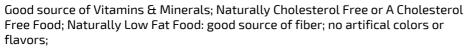


MALT-O-MEAL

514195 - Cereal Oatmeal Instant Apple Cinn S/O





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200 - 1.51 oz Pouches Maple & Brown Sugar INSTANT OATMEAL	42400 11850	Nutrition FactsServings per Container200Serving size1pouch (35g)		
TTEADER Maple	e & Brown Sugar stant Oatmeal	Amount per serving Calories	120	
Malt-O-Meal Produmine			ily Value*	
And the second se	0 00 42400 11850 3	Total Fat 1g	2%	
		Saturated Fat Og	0%	
		Trans Fat 0g		
		Cholesterol 0mg	0%	
🗱 Benefits		Sodium 200mg	9%	
		Total Carbohydrate 28g	10%	
		Dietary Fiber 3g	11%	
		Total Sugars 15g		
		Includes 11g Added Sugar	22%	
Ingredients	🔺 Allergens	Protein 2g		
		Vitamin D 0mcg	0%	
Whole grain rolled oats, sugar, dried	Free From:	Calcium 104mg	8%	
apple pieces (treated with sodium sulfite to promote color retention),	crustaceans () eggs () fish () milk	Iron 3.6mg	20%	
salt, cinnamon, calcium carbonate, guar gum, natural flavors, citric acid,	Speanuts 🛞 soy 💮 tree nuts 🌘 wheat	Potassium 94mg	2%	
Palmitate, reduced iron, vitamin ! Palmitate, reduced iron, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamon monoitrate, folate (folic acid).		* The % Daily Value (DV) tells you how much a serving of food contributes to a daily diet. a day is used for general nutrition advice.		

Product Specifications

		Brand				Manufacturer			
	MALT-O-MEAL					POST FOODSERVICE			
		MFG # SPC #			GTIN		Pack	Pack Desc.	
	11851 514195 000424		240011	8510	200	200/1.2OZ			
		Gross Weight Net Weig		ght Co	Country of Origin		Kosher	Child Nutrition	
tions		16.93lb		15.13lb		USA	USA		No
hpty packet , stir. FOR CKETS: Empty , stir. ty packet into nilk or water. DR THICKER	Shipping Information								
		Length	Width	Height	Volume	TIxHI	Shelf Lif	e Stora	ge Temp From/To
		19.5in	9.8in	9.56in	1.06ft3	1x1	0DAYS		40°F / 111°F

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



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

Nutrition Analysis - By Serving

Calories	120	Total Fat	1g	Sodium	200mg
Protein	2	Trans Fats	Og	Calcium	104mg
Total Carbohydrates…	28g	Saturated Fat	Og	Iron	3.6mg
Sugars	15g	Added Sugars	11g	Potassium	94mg
Dietary Fiber	3g	Polyunsaturated Fat	Og	Zinc	0
Lactose		Monounsaturated Fat	Og	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

