



MALT-O-MEAL

# 514195 - Cereal Oatmeal Instant Apple Cinn 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 200  
Serving size 1pouch (35g)

Amount per serving  
**Calories 120**

	% Daily Value*
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 200mg	<b>9%</b>
<b>Total Carbohydrate</b> 28g	<b>10%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 15g	
Includes 11g Added Sugar	<b>22%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	<b>0%</b>
Calcium 104mg	<b>8%</b>
Iron 3.6mg	<b>20%</b>
Potassium 94mg	<b>2%</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, dried apple pieces (treated with sodium sulfite to promote color retention), salt, cinnamon, calcium carbonate, guar gum, natural flavors, citric acid, niacin (niacinamide), vitamin ! Palmitate, reduced iron, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamon monoitrate, 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	Cereal

MFG #	SPC #	GTIN	Pack	Pack Desc.
11851	514195	00042400118510	200	200/1.2OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
16.93lb	15.13lb	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	120	Total Fat	1g	Sodium	200mg
Protein	2	Trans Fats	0g	Calcium	104mg
Total Carbohydrates...	28g	Saturated Fat	0g	Iron	3.6mg
Sugars	15g	Added Sugars	11g	Potassium	94mg
Dietary Fiber	3g	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-12	
Monosodium		Sulphites		Nitrates	

Additional Images

