

**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

200 Servings Per Container

**Serving size 1pouch (35g)****Amount per serving**  
**Calories 120**

% Daily Value\*

<b>Total Fat</b> 1 g	<b>2%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 200 mg	<b>9%</b>
<b>Total Carbohydrate</b> 28 g	<b>10%</b>
Dietary Fiber 3 g	<b>11%</b>
Total Sugars 15 g	
Includes 11 g Added Sugar	<b>22%</b>
<b>Protein</b> 2 g	
Vitamin D 0 mcg	<b>0%</b>
Calcium 104 mg	<b>8%</b>
Iron 3.6 mg	<b>20%</b>
Potassium 94 mg	<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
MALT-O-MEAL	Post Consumer Brands

MFG #	SPC #	GTIN	Pack	Pack Desc.
11851	514195	00042400118510	200	200 / 1.23 ONZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
16.96 lb	15.38 lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
19.5 in	10.19 in	10.56 in	1.21 ft3	10x4	545 DAYS	32 °F / 95 °F



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Nutrition Analysis - By Serving

Calories	120	Total Fat	1 g	Sodium	200 mg
Protein	2	Trans Fats	0 g	Calcium	104 mg
Total Carbohydrates...	28 g	Saturated Fat	0 g	Iron	3.6 mg
Sugars	15 g	Added Sugars	11 g	Potassium	94 mg
Dietary Fiber	3 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0 mg		
Vitamin A(IU)		Vitamin D	0 mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

