



MALT-O-MEAL
514196 - Cereal Oatmeal Instant Regular
easy to make



Nutrition Facts

Servings per Container 200
Serving size 1each (28g)

Amount per serving
Calories 100

	% Daily Value*
Total Fat 2g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	5%
Total Carbohydrate 19g	7%
Dietary Fiber 3g	11%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 100mg	8%
Iron 7.2mg	40%
Potassium 100mg	2%

* 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, calcium carbonate, guar gum, salt, caramel color, reduced iron, niacin (niacinamide), vitamin A palmitate, vitamin B6, (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin mononitrate), folate (folic acid).

Allergens

Free From:

crustaceans eggs fish milk

peanuts soy tree nuts wheat

Handling Suggestions

dry

Serving Suggestions

Empty packet into bowl. Add 1/2 cup boiling water, stir.

Prep & Cooking Suggestions

heat and serve

Product Specifications

Brand	Manufacturer
MALT-O-MEAL	POST FOODSERVICE

MFG #	SPC #	GTIN	Pack	Pack Desc.
19506	514196	00042400195061	200	200/1 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
14.3lb	12.5lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
19.5in	9.81in	9.56in	1.06ft3	1x1	0DAYS	40°F / 111°F



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Nutrition Analysis - By Serving

Calories	100	Total Fat	2g	Sodium	105mg
Protein	4	Trans Fats	0g	Calcium	100mg
Total Carbohydrates...	19g	Saturated Fat	0g	Iron	7.2mg
Sugars	0g	Added Sugars	0g	Potassium	100mg
Dietary Fiber	3g	Polyunsaturated Fat	0.5g	Zinc	0
Lactose		Monounsaturated Fat	0.5g	Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•	0	Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate	120mg	Riboflavin	0mg
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

 Additional Images

