



MALT-O-MEAL

514196 - Cereal Oatmeal Instant Regular

easy to make



Nutrition Facts

200 Servings Per Container

Serving size **1each (28g)**

Amount per serving
Calories 100

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



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 Consumer Brands

MFG #	SPC #	GTIN	Pack	Pack Desc.
19506	514196	00042400195061	200	200 / 1.0 ONZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
14.26 lb	12.5 lb	USA		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	0 °F / 100 °F



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Nutrition Analysis - By Serving

Calories	100	Total Fat	2 g	Sodium	105 mg
Protein	4	Trans Fats	0 g	Calcium	100 mg
Total Carbohydrates...	19 g	Saturated Fat	0 g	Iron	7.2 mg
Sugars	0 g	Added Sugars	0 g	Potassium	100 mg
Dietary Fiber	3 g	Polyunsaturated Fat	0.5 g	Zinc	
Lactose		Monounsaturated Fat	0.5 g	Phosphorus	
Sucrose		Cholesterol	0 mg		
Vitamin A(U)		Vitamin D	0 mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate	120 mg	Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

Additional Images

