



## Hot Cereal, Oatmeal Instant PC 144/0.98oz

### Product Details:

**Item Number:** 604042

**Pack Size:** 144/0.98 oz.

**Serving Per Case:** 144

**Net Weight:** 8.89 lbs.

**Kosher:** Yes

**Meal Contribution:**

**Class:** Always Available

**Shelf Life:** 547 Days

**Temperature Class:** Dry

**Cook State:** NA

**GTIN-12 UPC:**

**GTIN-14:** 10070893020017

**Sales Price Per EACH:** N/A

**Case Price:** N/A

### Ingredients:

Whole Grain Rolled Oats, Oat Flour (whole), Calcium Carbonate (a source of calcium), Sugar, Salt, Dextrose, Guar Gum, Caramel Color, Ferric Phosphate (a source of iron), Niacinamide\*, Pyridoxine Hydrochloride (Vitamin B6)\*, Riboflavin\*, Vitamin A Palmitate, Thiamin Mononitrate\*, Folic Acid\*.

\*One of the B vitamins.

### Benefits and Suggested Use:

High quality 100% whole grain instant rolled oat combined with just the right amount of a special blend of ingredients to create a delicious fortified hot breakfast dish.

Soluble fiber from oatmeal, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. One serving of oatmeal supplies 1 gram of the 3 grams of beta-glucan soluble fiber necessary per day to have this effect. Excellent Source of 7 Vitamins and Minerals and a Good Source of Calcium. Made with 25g of whole grains.

Eat at least three one ounce equivalent (3 servings) of Whole Grains per day for fiber and overall health. Each oatmeal packet contains at least a one ounce equivalent (1 serving) of whole grains.

## Nutrition Facts

This is a representation of the nutritional label. The nutritional label on the product may vary.

**Serving Size** 0.98 oz. (1 Packet)

Amount Per Serving

**Calories** **100**

% Daily Value \*

**Total Fat** 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 80mg **3%**

**Total Carbohydrate** 18g **6%**

Dietary Fiber 3g **12%**

Total Sugars 1g

Incl. Added Sugars —

**Protein** 4g

Vitamin D —

Calcium 10%

Iron 45%

Potassium —

\* The % Daily Value 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.

### National Food Group

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# Always Available.



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### Preparation and Additional Information:

#### Instructions for Preparation and Cooking:

##### With Hot Water:

Empty packet into bowl. Add up to 1/2 cup boiling water and stir. For best results, let stand 1 to 2 minutes before serving.

##### Microwave:

Empty packet into a microwave-safe bowl. Add up to 2/3 cup water (or milk) and stir. Microwave the uncovered bowl on HIGH for 1 to 2 minutes or until oatmeal begins to thicken. Carefully remove hot bowl from oven. Stir and serve.

### Logistics Information:

**Gross Weight:** 12 lbs

**Case Dimensions:** 15 X 12.75 X 8

**Pallet Count:** 48

**Double Stack:** Yes

**Cube:** 0.885

**Block and Tier:** 16 and 3

The information provided above is, to the knowledge of National Food Group, true and accurate based on information provided to National Food Group; provided that National Food Group does not make any express or implied warranties with respect to any such information shall have no liability for any inaccuracies contained in any such information.

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