

# Maple Oatmeal with Brown Sugar

**POUCH MAKES  
6 PREPARED CUPS**

## Nutrition Facts

Serving Size 1.5 cups (135g)  
Servings Per Container 4

### Amount Per Serving

Calories 490    Calories from Fat 60

% Daily Value\*

**Total Fat** 7g    **11%**

Saturated Fat 1.5g    **8%**

Trans Fat 0g

**Cholesterol** 0mg    **0%**

**Sodium** 25mg    **1%**

**Total Carbohydrate** 102g    **34%**

Dietary Fiber 9g    **36%**

Sugars 38g

**Protein** 14g

Vitamin A 0% • Vitamin C 0%

Calcium 10% • Iron 20%

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

Calories:    2,000    2,500

Total Fat    Less than    65g    80g

Sat Fat    Less than    20g    25g

Cholesterol    Less than    300mg    300mg

Sodium    Less than    2,400mg    2,400mg

Total Carbohydrate    300g    375g

Dietary Fiber    25g    30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## DIRECTIONS

For 1 serving bring 2 cups of water to a boil. Stir in 1 Cup Oatmeal. Cook 1 minute, stirring occasionally. Let stand 1 minute prior to serving.

## INGREDIENTS

Rolled Oats, Brown Sugar, Non Fat Dried Milk, Natural and Artificial flavor.

## ALLERGENS: Milk, Wheat.

This product is produced on equipment that also processes products containing Egg, Soy, Milk, Tree Nuts and Peanut.

- NON GMO
- Very Low Sodium
- Vegetarian
- High Protein
- Kosher Certified
- High Dietary Fiber
- No Trans Fats
- Good Source of Iron
- Cholesterol Free

Made in the USA

