

Nutrition Information

Selection Maple Brown Sugar Oatmeal (21173)

Nutrition Facts			
Serving Size 2 1/2 oz (71 g/2.5 oz)			
Servings Per Container 12 oz bowl			
Amount Per Serving			
Calories	270	Calories from Fat 30	
		% Daily Value*	
Total Fat	3.5g		5%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	15mg		1%
Total Carbohydrate	54g		18%
Dietary Fiber	5g		22%
Sugars	20g		
Protein	8g		
Vitamin A 0% • Vitamin C 0%			
Calcium 2% • Iron 10%			
* 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

INGREDIENTS: Rolled oats, sugar, oat flour, caramel color, natural and artificial flavor, salt, guar gum

Caffeine: 0 mg