



Revised By: ddavidson

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## Bob's Red Mill Natural Foods

### Product Specifications:

Product Name: Regular Rolled Oats 4/32 oz

Product Number: P101235

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Product Description: OATS ROLLED REGULAR are made from oat groats that have been dehusked, steamed and then rolled into flat flakes under heavy rollers, processed in accordance with 21 CFR Part 117 subpart B and in compliance with state and federal requirements for food safety and quality.

Ingredients: Whole Grain Oats.

Allergen List: No Allergens.

### Physical Properties:

Appearance: Light tan in color, flattened pieces of oat groats.

Aroma: Clean and fresh with no rancid or off-odors.

Flavor: Clean and fresh with no rancid or undesirable flavors.

Nutrition Facts	
Serving size	100g
Amount per serving	
<b>Calories</b>	<b>386.00</b>
% Daily Value*	
Total Fat 6.30g	8%
Saturated Fat 1.30g	7%
Trans Fat 0.01g	
Cholesterol 0.00mg	0%
Sodium 0.00mg	0%
Total Carbohydrate 69.00g	25%
Dietary Fiber 9.40g	38%
Total Sugars 1.10g	
Includes 0.00g Added Sugars	0%
Protein 13.20g	
Vitamin D 0.00mcg	
Calcium 36.30mg	
Iron 4.82mg	
Potassium 328.00mg	
* 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.	

## Certifications:

Kosher Certification: Certified by OK Kosher Certification

Non-GMO Certification: Verified by the Non-GMO Project.

Audit Certification: SQF Food Safety Code: Food Manufacturing, ed. 9

Organic Certification:

Gluten Free Certification:

Fair Trade Certified:

**Country of Origin:** Canada, United States of America