



Revised By: zeast

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Bob's Red Mill Natural Foods

Product Specifications:

Product Name: GF Quick Rolled Oats 4/28 oz

Product Number: P101688

Product Description: GF ROLLED OATS QUICK are made from dehulled and cleaned rolled oats, 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: Creamy white to light brown, flattened oat groats.

Aroma: Clean, typical of oats with no rancid or off-odors

Flavor: Clean, typical of oats with no rancid or undesirable flavors.

Nutrition Facts	
Serving size	100g
Amount per serving	
Calories	389.00
% Daily Value*	
Total Fat 6.80g	9%
Saturated Fat 1.40g	7%
Trans Fat 0.01g	
Cholesterol 0.00mg	0%
Sodium 0.00mg	0%
Total Carbohydrate 69.20g	25%
Dietary Fiber 7.90g	32%
Total Sugars 1.20g	
Includes 0.00g Added Sugars	0%
Protein 12.70g	
Vitamin D 0.00mcg	
Calcium 36.60mg	
Iron 4.31mg	
Potassium 370.00mg	
* 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:

<u>Kosher Certification:</u>	OK Kosher Certification of Brooklyn, New York
<u>Non-GMO Certification:</u>	Verified by the Non-GMO Project.
<u>Audit Certification:</u>	SQF Food Safety Code: Food Manufacturing, ed. 9
<u>Organic Certification:</u>	
<u>Gluten Free Certification:</u>	< 20 ppm gluten
<u>Fair Trade Certified:</u>	
Country of Origin:	Canada