



Revised By: ddavidson

Version Date: 09/19/2022

Bob's Red Mill Natural Foods

Product Specifications:

Product Name: GF Classic Oatmeal Cup 12/1.81 oz

Product Number: P101254

Product Description: GF OAT CUP CLASSIC are made from gluten free oats, chia seed and flaxseed, processed in accordance with 21 CFR Part 117 subpart B and in compliance with state and federal requirements for food safety and quality.

Ingredients: Gluten Free Whole Grain Oats, Chia Seed, Flaxseed, Sea Salt.

Allergen List: No Allergens.

Physical Properties:

Appearance: Light tan oat blend with brown and black seeds throughout.

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	404.86
% Daily Value*	
Total Fat 10.35g	13%
Saturated Fat 1.78g	9%
Trans Fat 0.01g	
Cholesterol 0.00mg	0%
Sodium 303.34mg	13%
Total Carbohydrate 65.17g	24%
Dietary Fiber 13.17g	53%
Total Sugars 1.06g	
Includes 0.00g Added Sugars	0%
Protein 12.66g	
Vitamin D 0.00mcg	
Calcium 62.90mg	
Iron 4.08mg	
Potassium 412.12mg	
* 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>	Certified by OK Kosher
<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: United States of America