



Revised By: zeast

Version Date: 09/16/2022

Bob's Red Mill Natural Foods

Product Specifications:

Product Name: GF OG Fruit And Seed Oatmeal Cup 12/2.47
OZ

Product Number: P102060

<u>Product Description:</u>	OG GF Fruit & Seed Oatmeal Cup are made from organic Oat blend including dried fruits and seeds, processed in accordance with 21 CFR Part 117 subpart B and in compliance with state and federal requirements for food safety and quality.
<u>Ingredients:</u>	Organic Whole Grain Oats, Organic Date Crumbles (Organic Dates, Organic Oat Flour), Organic Cane Sugar, Organic Unsulphured Raisins (Organic Raisins, Organic Sunflower Oil) Organic Flaxseeds, Organic Chia Seeds, Organic Cranberries (Organic Cranberries, Organic Sugar, Organic Sunflower Oil), Organic Sunflower Seeds, Organic Pumpkin Seeds, Salt, Organic Cinnamon.
<u>Allergen List:</u>	No Allergens.

Physical Properties:

<u>Appearance:</u>	Light tan oat blend with dried fruits and seeds throughout.
<u>Aroma:</u>	Clean, typical of oats with no rancid or off-odors.
<u>Flavor:</u>	Clean, typical of oats with no rancid or undesirable flavors.

Nutrition Facts	
Serving size	100g
Amount per serving	
Calories	401.30
% Daily Value*	
Total Fat 9.82g	13%
Saturated Fat 1.52g	8%
Trans Fat 0.01g	
Cholesterol 0.00mg	0%
Sodium 298.37mg	13%
Total Carbohydrate 65.49g	24%
Dietary Fiber 10.90g	44%
Total Sugars 14.90g	
Includes 9.56g Added Sugars	19%
Protein 12.74g	
Vitamin D 0.00mcg	
Calcium 61.79mg	
Iron 3.62mg	
Potassium 447.25mg	
* 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

Country of Origin: United States of America