



# Organic Steel Cut Oatmeal



Fully prepared and ready-to-heat oatmeal made with organic steel cut oats and a pinch of sea salt.



### INGREDIENTS:

Water, Organic Steel Cut Oats, Sea Salt.

| <b>Nutrition Facts</b>        |                       |
|-------------------------------|-----------------------|
| <b>Serving size</b>           | <b>1 Cup (225g)</b>   |
| <b>Amount per serving</b>     |                       |
| <b>Calories</b>               | <b>160</b>            |
|                               | <b>% Daily Value*</b> |
| <b>Total Fat</b> 3g           | <b>4%</b>             |
| Saturated Fat 0g              | <b>0%</b>             |
| Trans Fat 0g                  |                       |
| <b>Cholesterol</b> 0mg        | <b>0%</b>             |
| <b>Sodium</b> 120mg           | <b>5%</b>             |
| <b>Total Carbohydrate</b> 29g | <b>11%</b>            |
| Dietary Fiber 4g              | <b>14%</b>            |
| Total Sugars 0g               |                       |
| Includes 0g Added Sugars      | <b>0%</b>             |
| <b>Protein</b> 6g             |                       |
| Vitamin D 0mcg                | <b>0%</b>             |
| Calcium 28mg                  | <b>2%</b>             |
| Iron 2mg                      | <b>10%</b>            |
| Potassium 118mg               | <b>2%</b>             |

\*The % Daily Value 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.

| MFG CODE | RECIPE CODE | GTIN           | PACK SIZE      | SHELF LIFE               |
|----------|-------------|----------------|----------------|--------------------------|
| 700099   | 500076      | 00667978699713 | 4-4# Bags/Case | 75 days from manufacture |

### REFRIGERATED HANDLING INSTRUCTIONS:

Store at 30-38°F. Heat to 165°F as quickly as possible by placing pouches in a water bath (kept preferably around 180 -190°F) or by pouring product into double boiler (stirring constantly to avoid scalding).



**PALLET CONFIGURATIONS:** 14 x 7 (98) **CASE DIMENSIONS:** 14.875" x 8.25" x 5"

Technical data as of 4/12/2022. Subject to change.