

## 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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

CODE	GTIN	PACK SIZE	SHELF LIFE
700913	00667978049716	4-4# Bags/Case	15 months from manufacture

### FROZEN HANDLING INSTRUCTIONS:

Hold at a frozen state 0-15°F until time of use. Thaw under refrigeration for approximately 24-36 hours at or below 40°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 thawed product into double boiler (stirring constantly to avoid scalding).

**PALLET CONFIGURATIONS:** 17 x 8 (136) **CASE DIMENSIONS:** 11.8125" x 9.3125" x 5.875"