

# Quick Cook Oats

## + Preparation

Bring 1/2 cup of water to a boil. Add 1/4 cup of oats. Reduce to medium heat and stir for 2-3 minutes. Remove from heat, cover, and let sit for 5-10 minutes.

**INGREDIENTS:**  
NON-ORGANIC, REGU-  
LAR ROLLED OATS

## Nutrition Facts

Serving Size: 1/4 cup (24g dry)

Servings Per Container: 10

Amount Per Serving

**Calories** 94    **Calories from Fat** 14

**% Daily Value\***

**Total Fat** 2g    **3%**

Saturated Fat .25g    **1%**

Trans Fat 0g

**Cholesterol** 0mg    **0%**

**Sodium** 0mg    **0%**

**Total Carbohydrate** 18g    **6%**

Dietary Fiber 3g    **12%**

Sugars 0g

**Protein** 4g

Vitamin A 0%    •    Vitamin C 0%

Calcium 1%    •    Iron 1%

\*Percent Daily Values (DV) are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your calorie needs.



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Shelf life up to 20 years if stored in a cool, dry place