



## GFS Quick Oats, 42 Oz Carton, 12/Case



Item Number: 240869



These rolled oats provide a quick preparation product which is low in sodium.

		QTY
12/Case	\$31.92 \$0.06/oz	<input type="text"/>

## Nutrition

Based On: AP Cereal, Oats, Quick, Dry, GFS Rounding: On 

### Ingredients

100% Whole grain rolled oats. COMMON ALLERGENS PRESENT: None. Nutrition and Ingredient statement updated June 2014. The ingredient and nutrition information provided here reflect the current information provided to GFS by its suppliers. Prior to consuming the product, individuals with severe allergies should confirm the ingredient information on the actual label of the product.

### Nutrition Facts

Serving Size 0.5 cup (39g)	
Amount Per Serving	
<b>Calories</b> 140	Calories From Fat 22.5
% Daily Value *	
<b>Fat</b> 2.5g	4%
Saturated Fat0.5g	3%
Trans Fat0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
<b>Cholesterol</b> 0mg	n/a
<b>Sodium</b> 0mg	n/a
<b>Potassium</b>	n/a
<b>Carbohydrates</b> 26g	9%
Fiber4g	16%
Sugar0g	
<b>Protein</b> 5g	10%
Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 10%	
* Based on a 2000 calories diet	
<b>Calories Per Gram:</b>	
Fat: 9 Carbohydrates: 4 Protein: 4	

**School Equivalents:**

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

**Water Soluble Vitamins:**

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	0 mg

**Updated For New Final Rule:**

Meat/Meat Alternative	n/a
Grain/Breads	n/a
Fruit	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

**Fat Soluble Vitamins:**

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	0 IU

**Minerals:**

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	1.8 mg
Manganese	n/a
Iodine	n/a

**Additional Images**