



ralston

28107 - Oats Quick Rolled

A good source of fiber.



Nutrition Facts

Servings per Container
Serving size **1/2CUP (40g)**

Amount per serving
Calories 150

% Daily Value*

Total Fat 2.5g	3%
Saturated Fat 0.5g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	14%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0µg	0%
Calcium 0mg	0%
Iron 1.6mg	8%
Potassium 150mg	3%

* 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.

* Benefits

Ingredients

⚠ Allergens

Free From:

- crustaceans
- eggs
- fish
- milk
- peanuts
- sesame
- soy
- tree nuts
- wheat

Handling Suggestions

Follow the food code

Serving Suggestions

A good source of fiber.

Prep & Cooking Suggestions

Follow preparation instructions on package

📄 Product Specifications

Brand	Manufacturer	Product Category
ralston	CONAGRA FOODS INC	Cereal

MFG #	SPC #	GTIN	Pack	Pack Desc.
9166962022	28107	10791669620223		/ / cs

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
35.55lb	31.5lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
20.69in	15.94in	10.19in	1.95ft3	6x5	540DAYS	50°F / 85°F



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Nutrition Analysis - By Serving

Calories	150kcal	Total Fat	2.5g	Sodium	0mg
Protein	5g	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	27g	Saturated Fat	0.5g	Iron	1.6mg
Sugars	0g	Added Sugars	0g	Potassium	150mg
Dietary Fiber	4g	Polyunsaturated Fat	1g	Zinc	
Lactose		Monounsaturated Fat	1g	Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		Vitamin D	0µg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

