

Item # 153086

Desc: Gluten Free Rolled Oats

153086 Gluten Free Rolled Oats

Ing: Whole grain oats.

\*\* Manufactured in a facility that also uses tree nuts and soy.

Product information/materials may change.

Refer to the package or call for updates.

<b>Nutrition Facts</b>			
Serving Size		1/2 cup (41g)	
Servings Per Container		Varied	
<b>Amount Per Serving</b>			
<b>Calories</b>	160	Calories from Fat	25
		<b>% Daily Value*</b>	
<b>Total Fat</b>	2.5 g		<b>4 %</b>
Saturated Fat	0.5 g		<b>3 %</b>
Trans Fat	0g		
<b>Cholesterol</b>	0 mg		<b>0 %</b>
<b>Sodium</b>	0 mg		<b>0 %</b>
<b>Total Carbohydrate</b>	27 g		<b>9 %</b>
Dietary Fiber	4g		<b>16 %</b>
Sugars	1g		
<b>Protein</b>	7g		
Vitamin A	0%	Vitamin C	0%
Calcium	2%	• Iron	10%

\*Percent Daily Values 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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