

QUAKER INSTANT OATMEAL CUP - APPLES & CINNAMON



Nutrition Facts

Serving Size	1 Package (43g)
Amount Per Serving	
Calories	160
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0.5g	2%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 33g	12%
Dietary Fiber 4g	13%
Total Sugars 11g	
Includes 8g Added Sugars	16%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 1.2mg	6%
Potassium 150mg	2%

*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.

Ingredients: Whole grain oats, sugar, dried apples, natural flavor, salt, cinnamon.

00030000319567

Last updated on June 01, 2023.

OU Kosher Pareve

Contains 29 grams of Whole Grains per serving



†Diets rich in whole grain foods and other plant foods and low in cholesterol and saturated fat may help reduce the risk of heart disease.

Notes

- Product formulation, packaging and promotions may change. For current information, refer to packaging on store shelves. Information may also differ from package labels because of the limited space on some packages.
- Visit contact.pepsico.com for more information.