

## QUAKER INSTANT OATMEAL CUP - MAPLE & BROWN SUGAR



### Nutrition Facts

**Serving Size** 1 Package (48g)

**Amount Per Serving**  
**Calories** **180**

% Daily Value\*

**Total Fat** 2.5g **3%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Polyunsaturated Fat 0.5g

Monounsaturated Fat 1g

**Cholesterol** 0mg **0%**

**Sodium** 290mg **13%**

**Total Carbohydrate** 37g **13%**

Dietary Fiber 3g **11%**

Total Sugars 14g

Includes 14g Added Sugars **27%**

**Protein** 4g

Vitamin D 0mcg **0%**

Calcium 20mg **0%**

Iron 1.3mg **6%**

Potassium 130mg **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, salt, natural flavor.

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Contains 33 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](https://contact.pepsico.com) for more information.