



Revised By: zeast

Version Date: 09/26/2022

Bob's Red Mill Natural Foods

Product Specifications:

Product Name: GF Regular Rolled Oats 4/52 oz

Product Number: P101682

Product Description: GF OATS ROLLED REGULAR are made from oat groats that have been dehusked, steamed and then rolled into flat flakes under heavy rollers before being stabilized by being lightly toasted, processed in accordance with 21 CFR Part 117 subpart B and in compliance with state and federal requirements for food safety and quality.

Ingredients: Whole Grain Oats.

Allergen List: No Allergens.

Physical Properties:

Appearance: Light tan in color, flattened pieces of oat groats.

Aroma: Clean and fresh, typical of oats with no rancid or off-odors.

Flavor: Clean with no rancid or undesirable flavors.

Nutrition Facts	
Serving size	100g
Amount per serving	
Calories	396.00
% Daily Value*	
Total Fat 7.90g	10%
Saturated Fat 1.70g	9%
Trans Fat 0.01g	
Cholesterol 0.00mg	0%
Sodium 0.00mg	0%
Total Carbohydrate 69.60g	25%
Dietary Fiber 11.40g	46%
Total Sugars 1.00g	
Includes 0.00g Added Sugars	0%
Protein 11.50g	
Vitamin D 0.00mcg	
Calcium 28.60mg	
Iron 3.56mg	
Potassium 358.00mg	
* 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.	

Certifications:

<u>Kosher Certification:</u>	OK Kosher Certification of Brooklyn, New York
<u>Non-GMO Certification:</u>	Verified by the Non-GMO Project.
<u>Audit Certification:</u>	SQF Food Safety Code: Food Manufacturing, ed. 9

Country of Origin: Canada