

Steel Cut Oats

Date:

User Code: 112-0711

Nutrients Per: 100 gram

Nutrient	Amount	Unit	Nutrient	Amount	Unit
Calories	387.00	kcal	Folate, DFE	--	mcg DFE
Calories from SatFat	12.60	kcal	Folic Acid	--	mcg
Fat	6.70	g	Vitamin B12	0	mcg
Saturated Fat	1.40	g	Biotin	20.00	mcg
Trans Fatty Acid	0	g	Pantothenic Acid	--	mg
Poly Fat	2.70	g	Sodium	1.60	mg
Mono Fat	2.40	g	Fluoride	--	mg
Cholesterol	0	mg	Calcium	46.40	mg
Carbohydrates	68.30	g	Iron	4.00	mg
Dietary Fiber (2016)	9.50	g	Potassium	380.00	mg
Soluble Fiber (2016)	3.60	g	Phosphorus	--	mg
Insoluble Fiber (2016)	6.10	g	Iodine	--	mcg
Total Sugars	1.00	g	Magnesium	--	mg
Added Sugar	0	g	Zinc	--	mg
Protein	13.00	g	Selenium	--	mcg
Vitamin D - IU	0	IU	Copper	--	mg
Vitamin A - RAE	0	mcg	Manganese	--	mg
Vitamin C	0	mg	Chromium	--	mcg
Vitamin E - Alpha-Toco	0.70	mg	Chloride	--	mg
Vitamin K	--	mcg	Molybdenum	--	mcg
Vitamin B1 - Thiamin	0.60	mg	Sugar Alcohol	--	g
Vitamin B2 - Riboflavin	0.20	mg	Choline	--	mg
Vitamin B3 - Niacin Equiv	1.10	mg	Sulfites - ppm	--	ppm
Vitamin B6	0	mg	Sulfites - mg	--	mg

Ingredient Statement Name: Steel Cut Oats

Signature:

Signature Date: