

QUAKER INSTANT OATMEAL - MAPLE & BROWN SUGAR



Nutrition Facts

8 servings per container	
Serving Size	1 Packet (43g)
Amount Per Serving	160
Calories	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 33g	12%
Dietary Fiber 3g	10%
Soluble Fiber 1g	
Total Sugars 12g	
Includes 12g Added Sugars	24%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 1.1mg	6%
Potassium 110mg	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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Last updated on October 21, 2024.

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Contains 29 grams of Whole Grains per serving



†Diets rich in whole grain foods and other plant foods and low in saturated fat and cholesterol 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.