QUAKER® INSTANT OATMEAL

MAPLE & BROWN SUGAR

Just think — the wholesome goodness of Quaker Oats packed with the rich tastes of maple and brown sugar Instant Oatmeal — in just 90 seconds! Savor the classic flavor of Quaker Instant Oatmeal Maple & Brown Sugar any time you want. Just because you’ve got a busy day doesn’t mean you don’t deserve all the goodness Quaker has to offer.

Helps reduce cholesterol* 
Made from 100% whole grain Quaker Oats

Good source of calcium, iron & 8 other essential vitamins and minerals

*5g of soluble fiber daily from oatmeal plus 4 g of soluble fiber daily from oat bran may reduce the risk of heart disease. This product provides 0.4 g per serving.

Nutrition Facts

Serving Size 1 packet (41 g)
Servings Per Container available

Amount Per Serving 
Calories 160
Calories from Fat 20%

Total Fat 2g
  % Daily Value
  3%
  3%

Saturated Fat 0.5g
  3%

Trans Fat 0g

Cholesterol 0mg
  0%

Sodium 230mg
  11%

Potassium 150mg
  5%

Total Carbohydrate 31g
  11%

Dietary Fiber 1g
  4%

Sugars 12g

Protein 4g

Vitamin A 20%

Vitamin C 0%

Calcium 8%

Iron 10%

Thiamin 15%

Niacin 25%

Folate 25%

Vitamin B6 25%

Folic Acid 25%

Phosphorus 10%

Magnesium 10%

Vitamin D 25%

Vitamin E 0%

Vitamin B12 0%

*ONE OF THE B VITAMINS

1231 x 60

Ingredients

WHOLE GRAIN ROLLED OATS, SUGAR, NATURAL AND ARTIFICIAL FLAVOR, SALT, CALCIUM CARBONATE, SUGAR GUM, CARAMEL COLOR, MACINAMIDE*, REDUCED IRON, VITAMIN A PALMITATE, PYRIDOXINE HYDROCHLORIDE*, RIBOFLAVIN*, THIAMIN MONONITRATE*, FOLIC ACID.*