



DIRECTIONS:

1. Boil 1 cup water and 1/8 teaspoon salt.
2. Stir in 1/2 cup oats.
3. Cook 1 minute, stirring occasionally.
4. Remove from heat and let stand 1 minute.
5. Serve.

Can be used in cookies, breads, cakes, etc.

INGREDIENTS: Quick rolled oats.

SHELF LIFE: Best when stored in a cool dry place at temperatures between 55 and 70 degrees F.

Sealed to 30 years • Opened to 1 year

Please note: heat, moisture, oxygen and light will deteriorate this product if not stored properly.

QUICK OATS



NET WT 2 LBS 8.0 OZ (1.13 kg)

Nutrition Facts

Serving Size 1/2 cup (45g)
 Servings Per Container 25

Amount Per Serving

Calories 180 **Calories from Fat 30**

% Daily Value*

Total Fat 3.5g **6%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 31g **10%**

Dietary Fiber 5g **18%**

Sugars 0g

Protein 6g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 15%

*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories	2,000	2,500
Total Fat	Less than	65 g	80 g	
Sat Fat	Less than	20 g	25 g	
Cholesterol	Less than	300 mg	300 mg	
Sodium	Less than	2400 mg	2400 mg	
Total Carbohydrate		300 g	375 g	
Dietary Fiber		25 g	30 g	

Calories per gram: Fat 9 Carbs 4 Protein 4



Distributed by
 Harveston Farms™ ©2011
 Heber Utah 84032
 877-734-3447

www.harvestonfarms.com

Shelf life estimates are based on industry studies from sources deemed reputable. Since Harveston Farms™ has no control over individual storage practices, they must disclaim any liability or warranty for particular results.

AFTER OPENING: Reseal unused contents with plastic resealable lid. Refrigerate reconstituted items in an airtight container.

An oxygen absorbing packet is enclosed to preserve freshness. Please remove and discard when opening can.

This package is sold by weight, not volume. Some settling may have occurred due to shipping, handling or variation in product density.

Processed in a plant that handles wheat, eggs, dairy, soy, peanut and tree nuts.

Date opened _____

DH20-0811