

Nutrition Facts

McCann's Steel Cut Irish Oatmeal in Single-Serve Cups
 Flavor: Maple Brown Sugar
 Serving Size 1 cup (54g)
 Servings Per Container 1

AMOUNT PER SERVING			
Calories		200	
Calories from Fat		20	
			% DAILY VALUE*
Total Fat	2g		3 %
Saturated Fat	0.5g		3 %
Trans Fat	0g		
Polyunsaturated	0.5g		
Monounsaturated	0.5g		
Cholesterol	0mg		0 %
Sodium	340mg		14 %
Total Carbohydrate	41g		14 %
Dietary Fiber	3g		12 %
Sugars	18g		
Protein	3g		
Vitamin A	20 %	Vitamin C	0 %
Calcium	10 %	Iron	20 %
Thiamin	20 %	Riboflavin	20 %
Niacin	20 %	Vitamin B6	20 %
Folic Acid	20 %	Phosphorus	15 %
Magnesium	10 %		

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories Per Gram: Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts

McCann's Steel Cut Irish Oatmeal in Single-Serve Cups
 Flavor: Vanilla Honey
 Serving Size 1 cup (54g)
 Servings Per Container 1

AMOUNT PER SERVING			
Calories		200	
Calories from Fat		20	
			<u>% DAILY VALUE*</u>
Total Fat	2g		3 %
Saturated Fat	0.5g		3 %
Trans Fat	0g		
Polyunsaturated	0.5g		
Monounsaturated	0.5g		
Cholesterol	0mg		0 %
Sodium	240mg		10 %
Total Carbohydrate	41g		14 %
Dietary Fiber	3g		12 %
Sugars	17g		
Protein	4g		
Vitamin A	20 %	Vitamin C	0 %
Calcium	10 %	Iron	20 %
Thiamin	20 %	Riboflavin	20 %
Niacin	20 %	Vitamin B6	20 %
Folic Acid	20 %	Phosphorus	15 %
Magnesium	10 %		

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories Per Gram: Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts

McCann's Steel Cut Irish Oatmeal in Single-Serve Cups
 Flavor: Apple Cinnamon
 Serving Size 1 cup (54g)
 Servings Per Container 1

AMOUNT PER SERVING			
Calories		200	
Calories from Fat		20	
			<u>% DAILY VALUE*</u>
Total Fat	2g		3 %
Saturated Fat	0.5g		3 %
Trans Fat	0g		
Polyunsaturated	0.5g		
Monounsaturated	0.5g		
Cholesterol	0mg		0 %
Sodium	290mg		12 %
Total Carbohydrate	42g		14 %
Dietary Fiber	3g		12 %
Sugars	21g		
Protein	3g		
Vitamin A	20 %	Vitamin C	0 %
Calcium	10 %	Iron	20 %
Thiamin	20 %	Riboflavin	20 %
Niacin	20 %	Vitamin B6	20 %
Folic Acid	20 %	Phosphorus	15 %
Magnesium	10 %		

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories Per Gram: Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts

McCann's Steel Cut Irish Oatmeal in Single-Serve Cups

Flavor: Original

Serving Size 1 cup (40g)

Servings Per Container 1

AMOUNT PER SERVING			
Calories		150	
Calories from Fat		20	
			% DAILY VALUE*
Total Fat	2g		3 %
Saturated Fat	0.5g		3 %
Trans Fat	0g		
Polyunsaturated	0.5g		
Monounsaturated	0.5g		
Cholesterol	0mg		0 %
Sodium	120mg		5 %
Total Carbohydrate	26g		9 %
Dietary Fiber	3g		12 %
Sugars	< 1g		
Protein	4g		
Vitamin A	20 %	Vitamin C	0 %
Calcium	10 %	Iron	20 %
Thiamin	20 %	Riboflavin	20 %
Niacin	20 %	Vitamin B6	20 %
Folic Acid	20 %	Phosphorus	15 %
Magnesium	10 %		

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories Per Gram: Fat 9 • Carbohydrate 4 • Protein 4