

Nutrition Facts

McCann's Kettle Ready Oatmeal
 Serving Size 1/2 cup (40g) Dry
 Servings Per Container about 33

AMOUNT PER SERVING

Calories		150
Calories from Fat		25
		% DAILY VALUE*
Total Fat	2.5g	4 %
Saturated Fat	0.5g	2 %
Trans Fat	0g	
Polyunsaturated Fat	1g	
Monounsaturated Fat	1g	
Cholesterol	0mg	0 %
Sodium	0mg	0 %
Total Carbohydrate	27g	9 %
Dietary Fiber	4g	16 %
Soluble Fiber	2g	
Insoluble Fiber	2g	
Sugars	<1g	
Protein	4g	
Vitamin A		0 %
Vitamin C		0 %
Calcium		2 %
Iron		8 %

*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	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