



Revised By: ddavidson

Version Date: 09/19/2022

Bob's Red Mill Natural Foods

Product Specifications:

Product Name: GF Apple Cinnamon Oatmeal Cup 12/2.36 oz

Product Number: P101248

<u>Product Description:</u>	GF OATMEAL CUP-APPLE CINNAMON are made from oat blend including chia seeds, flaxseeds, dried apples and cinnamon, processed in accordance with 21 CFR Part 117 subpart B and in compliance with state and federal requirements for food safety and quality.
<u>Ingredients:</u>	Gluten Free Whole Grain Oats, Cane Sugar, Dried Apple, Chia Seed, Flaxseed, Sea Salt, Cinnamon.
<u>Allergen List:</u>	No Allergens.

Physical Properties:

<u>Appearance:</u>	Light tan oats with small dried apples throughout.
<u>Aroma:</u>	Sweet and typical of oats with no rancid or off-odors.
<u>Flavor:</u>	Sweet and typical of oats with no rancid or undesirable flavors.

Nutrition Facts	
Serving size	100g
Amount per serving	
Calories	397.76
% Daily Value*	
Total Fat 7.63g	10%
Saturated Fat 1.36g	7%
Trans Fat 0.01g	
Cholesterol 0.00mg	0%
Sodium 464.02mg	20%
Total Carbohydrate 72.43g	26%
Dietary Fiber 11.62g	46%
Total Sugars 19.69g	
Includes 13.39g Added Sugars	27%
Protein 9.91g	
Vitamin D 0.00mcg	
Calcium 58.36mg	
Iron 3.22mg	
Potassium 368.28mg	
* 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.	

Certifications:

<u>Kosher Certification:</u>	Certified by OK Kosher Certification
<u>Non-GMO Certification:</u>	Verified by the Non-GMO Project.
<u>Audit Certification:</u>	SQF Food Safety Code: Food Manufacturing, ed. 9
<u>Organic Certification:</u>	
<u>Gluten Free Certification:</u>	< 20 ppm gluten
<u>Fair Trade Certified:</u>	

Country of Origin: United States of America