



Revised By: ddavidson

Version Date: 09/19/2022

Bob's Red Mill Natural Foods

Product Specifications:

Product Name: GF Blueberry Hazelnut Oatmeal Cup 12/2.5 oz

Product Number: P101252

Product Description: GF OAT CUP BLUEBERRY HAZELNUT are made from a oat blend including chia seeds, flaxseeds, hazelnuts and dried blueberries, processed in accordance with 21 CFR Part 117 subpart B and in compliance with state and federal requirements for food safety and quality.

Ingredients: Gluten Free Whole Grain Oats, Cane Sugar, Hazelnuts, Dried Blueberries, Chia Seed, Flaxseed, Blueberry Powder, Sea Salt.

Allergen List: Tree Nuts.

Physical Properties:

Appearance: Light tan oat blend with dried blueberries throughout.

Aroma: Sweet, typical of blueberries and oats with no rancid or off-odors.

Flavor: Sweet, typical of blueberries, oats and hazelnuts with no rancid or undesirable flavors.

Nutrition Facts	
Serving size	100g
Amount per serving	
Calories	409.81
% Daily Value*	
Total Fat 10.08g	13%
Saturated Fat 1.49g	7%
Trans Fat 0.02g	
Cholesterol 0.00mg	0%
Sodium 438.65mg	19%
Total Carbohydrate 69.33g	25%
Dietary Fiber 11.05g	44%
Total Sugars 18.81g	
Includes 12.71g Added Sugars	25%
Protein 10.38g	
Vitamin D 0.00mcg	
Calcium 72.91mg	
Iron 3.33mg	
Potassium 404.13mg	
* 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:

Kosher Certification:

Certified by OK Kosher

Non-GMO Certification:

Verified by the Non-GMO Project.

Audit Certification:

SQF Food Safety Code: Food Manufacturing, ed. 9

Organic Certification:

Gluten Free Certification:

< 20 ppm gluten

Fair Trade Certified:

Country of Origin:

United States of America