

Minsley Steelcut Oatmeal

Nutrition Facts

Serving Size 5 oz. (140g)

Serving Per Container 1

Amount Per Serving

Calories 170 Calories from Fat 30

% Daily Value *

Total Fat 3g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 31g **10%**

Dietary Fiber 4g **16%**

Sugars 0.5g

Protein 6g

Vitamin A 0% Vitamin C 0%

Calcium 2% Iron 10%

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