

Full Report (All Nutrients) 45353084, TOASTED OATS, UPC: 036800114098
[Powered by LabelInsight](#)
Report Date: September 17, 2019 08:38 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Topco Associates, Inc.

Nutrient	Unit	Data points	Std. Error	1.25 cup 41g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	160	390
Protein	g	--	--	3.00	7.32
Total lipid (fat)	g	--	--	2.00	4.88
Carbohydrate, by difference	g	--	--	33.00	80.49
Fiber, total dietary	g	--	--	2.0	4.9
Sugars, total	g	--	--	12.00	29.27
Sugars, added	g	--	--	12.0	29.3
Minerals					
Calcium, Ca	mg	--	--	160	390
Iron, Fe	mg	--	--	5.40	13.17
Magnesium, Mg	mg	--	--	32	78
Phosphorus, P	mg	--	--	100	244
Potassium, K	mg	--	--	100	244
Sodium, Na	mg	--	--	280	683
Zinc, Zn	mg	--	--	3.00	7.32
Vitamins					
Thiamin	mg	--	--	0.820	2.000
Niacin	mg	--	--	2.000	4.878
Pantothenic acid	mg	--	--	1.500	3.659
Vitamin B-6	mg	--	--	0.200	0.488
Vitamin D	IU	--	--	0	0

Lipids

Nutrient	Unit	Data points	Std. Error	1.25 cup 41g	1 Value Per100 g
Fatty acids, total saturated	g	--	--	0.000	0.000
Fatty acids, total monounsaturated	g	--	--	0.500	1.220
Fatty acids, total polyunsaturated	g	--	--	0.500	1.220
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0

Amino Acids

Other

Ingredients

WHOLE GRAIN OAT FLOUR, SUGAR, WHEAT STARCH, HONEY, SALT, CALCIUM CARBONATE, TRISODIUM PHOSPHATE, CARAMEL COLOR, MOLASSES, NATURAL FLAVOR, VITAMINS AND MINERALS: FERRIC ORTHOPHOSPHATE (SOURCE OF IRON), NIACINAMIDE (VITAMIN B3), ZINC OXIDE, THIAMIN MONONITRATE (VITAMIN B1), CALCIUM PANTOTHENATE (VITAMIN B5), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), FOLIC ACID. *Date Available: 03/02/2018 Date Last Updated by Company: 03/02/2018*