



Revised By: ddavidson

Version Date: 09/19/2022

Bob's Red Mill Natural Foods

Product Specifications:

Product Name: Quick Rolled Oats 25 lb

Product Number: P101243

Product Description: OATS ROLLED QUICK are made from oat groats that have been de-husked, steamed and then rolled into flat flakes under heavy rollers before being stabilized by being lightly toasted, processed in accordance with 21 CFR Part 117 subpart B and in compliance with state and federal requirements for food safety and quality

Ingredients: Whole Grain Oats.

Allergen List: No Allergens.

Physical Properties:

Appearance: Light tan in color, flattened oat flakes

Aroma: Clean and fresh with no rancid or off-odors.

Flavor: Clean and fresh with no rancid or undesirable flavors.

Nutrition Facts	
Serving size	100g
Amount per serving	
Calories	394.00
	<small>% Daily Value*</small>
Total Fat 6.50g	8%
Saturated Fat 1.40g	7%
Trans Fat 0.02g	
Cholesterol 0.00mg	0%
Sodium 0.00mg	0%
Total Carbohydrate 70.80g	26%
Dietary Fiber 9.50g	38%
Total Sugars 1.00g	
Includes 0.00g Added Sugars	0%
Protein 13.00g	
Vitamin D 0.00mcg	
Calcium 36.30mg	
Iron 3.94mg	
Potassium 332.00mg	
<small>* 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.</small>	

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:

Fair Trade Certified:

Country of Origin: Canada, United States of America