

005299 - Cereal Oats Rolled Gluten Free 25 L

Whole grain oats grown on some of the best oat-growing fields in the world





* Benefits

One, 25 pound bulk bag Gluten Free; Vegan; Vegetarian; 100% Whole Grain; High in Fiber; Kosher Pareve Manufactured in a dedicated gluten free facility; R5-ELISA tested gluten free 100% whole grain Prepare on the stove or in the microwave

Ingredients	Allergens
Whole grain oats	May Contain:
	Free From: crustaceans eggs fish milk peanuts wheat

Nutrition Facts

Servings per Container 236 Serving size 1/2cup(48g)

Amount per serving Calories

190

Oalones	190
% D	aily Value*
Total Fat 4g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 33g	12%
Dietary Fiber 5g	18%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 14mg	1%
Iron 10mg	56%
Potassium 172mg	4%

a serving of food contributes to a daily diet. 2,000 calories

a day is used for general nutrition advice.

Handling Suggestions

Keeps best refrigerated or frozen. Use as per recipe.

Serving Suggestions

Add in extras like chia seeds, flaxseed meal, dried fruit, nuts, seeds

Prep & Cooking Suggestions

Bring the water and salt to a boil. Add the rolled oats, reduce heat, and cook 10-20 minutes (depending on the consistency you desire). Stir occasionally. Cover and remove from heat and let stand a few minutes.



Product Specifications

Brand	Manufacturer	Product Category
BOB'S RED MILL	Bob's Red Mill Natural Foods	Cereal

MFG #	SPC#	GTIN	Pack	Pack Desc.
P101676	005299	00039978103758	1	1 / ea

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition	
25.5lb	25lb	No	USA	Yes	No	

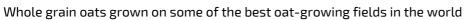
Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
30in	16in	4in	1.11ft3	5x12	548DAYS	32°F / 71°F





BOB'S RED MILL

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Nutrition Analysis - By Serving

Calories	190	Total Fat	4g	Sodium	0mg
Protein	6	Trans Fats	0g	Calcium	14mg
Total Carbohydrates•••	33g	Saturated Fat	1g	Iron	10mg
Sugars	0g	Added Sugars	0g	Potassium	172mg
Dietary Fiber	5g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

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