

Cinnamon Pecan Sticky Bun Oatmeal
Dutch Valley Foods
July 14, 2008 - Revised

Nutrition Facts	
Serving Size 1/2 cup (dry) (55g)	
Servings Per Container	
Amount Per Serving	
Calories 240	Calories from Fat 70
% Daily Value*	
Total Fat 8g	13%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 260mg	11%
Total Carbohydrate 33g	11%
Dietary Fiber 3g	14%
Sugars 10g	
Protein 7g	
Vitamin A 2%	• Vitamin C 2%
Calcium 8%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients: Rolled oats, brown sugar (cane sugar, cane syrup solids, caramel color), whole milk powder, soybean oil, pecans, cinnamon, natural butter flavor (maltodextrin, salt, natural flavor, buttermilk solids, cornstarch, soybean oil, extractive of paprika & turmeric, a natural coloring), realsalt (R) unrefined mineral sea salt.

Allergen Information

**Contains: Tree Nuts (pecans), Milk and Soy Ingredients.

**Packaged in a facility that also processes products containing: peanuts, tree nuts, soybeans, milk, egg, fish, crustaceans shellfish and wheat ingredients.

Mixing Instructions

1/2 cup boiling water

1/2 cup oatmeal

MICROWAVE: Put water in microwave for 40-60 seconds. Add oatmeal, stir, cover, and let stand for 60 seconds. Enjoy!

CONVENTIONAL: Pour boiling water over the oatmeal and stir. Cover and let stand for 60 seconds. Enjoy! *Milk may be used instead of water.