

**Grain Millers Steel Cut Oat Groats**

Total Weight:  
Serving Size: 100.00 g (3.53 oz-wt.)  
Serves:  
Cost:

**Multi-Column**

**Basic Components**

Calories	384.00
Calories from Fat	56.70
Calories from Saturated Fat	9.99
Protein	16.00 g
Carbohydrates	67.00 g
Dietary Fiber	9.80 g
Soluble Fiber	-- g
InSoluble Fiber	-- g
Sugar - Total	-- g
Other Carbs	-- g
Fat - Total	6.30 g
Saturated Fat	1.11 g
Mono Fat	1.98 g
Poly Fat	2.30 g
Trans Fatty Acids	0 g
Cholesterol	0 mg

**Vitamins**

Vitamin A IU	0 IU
Thiamin-B1	0.07 mg
Riboflavin-B2	0.14 mg
Niacin-B3	0.78 mg
Vitamin-B6	0.12 mg
Vitamin-B12	0 mcg
Biotin	-- mcg
Vitamin C	0 mg
Vit E Alpha-Tocopherol	-- mg
Folate	32.00 mcg
Vitamin K	-- mcg
Pantothenic Acid	1.25 mg
<b>Minerals</b>	
Calcium	52.00 mg
Chloride	-- mg
Chromium	-- mcg

Copper	0.34 mg
Iodine	-- mcg
Iron	4.20 mg
Magnesium	148.00 mg
Manganese	3.63 mg
Molybdenum	-- mcg
Phosphorus	474.00 mg
Potassium	350.00 mg
Selenium	34.00 mcg
Sodium	4.00 mg
Zinc	3.07 mg

**Saturated Fats**

18:0-Stearic	-- g
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**Other**

Alcohol	-- g
Caffeine	-- mg
Sugar Alcohol	-- g