

**Nutritional Information for
Scottish Oatmeal**

Serving Size	1/4 cup(40g)
Servings Per Container	14.00
Calories	140.00
Calories from Fat	15.00
Total Fat	2.50g
Saturated Fat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Total Carbohydrate	27.00g
Dietary Fiber	4.00g
Sugars	0.00g
Protein	6.00g
Ingredients	whole grain oats