

Product Name: Quaker Breakfast Cookies, Oatmeal Raisin
Manufacturer Code: 567637918
Availability: Walmart

Allergens & Warnings:
CONTAINS: EGG AND WHEAT INGREDIENTS



Nutrition Facts	
Serving Size 1 Cookie (48g)	
Servings Per Container 6	
Amount Per Serving	
Calories 170	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2.5g	
Cholesterol <5mg	0%
Sodium 190mg	8%
Potassium 125mg	4%
Total Carbohydrate 33g	11%
Dietary Fiber 5g	19%
Soluble Fiber 1g	
Sugars 15g	
Protein 3g	
	% DV
Vitamin A	15%
Vitamin C	0%
Calcium	30%
Iron	35%
Vitamin E	15%
Thiamin	15%
Riboflavin	15%
Niacin	15%
Vitamin B6	15%
Vitamin B12	15%

*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: Whole grain rolled oats, raisins, whole wheat flour, invert sugar, brown sugar, corn syrup, vegetable shortening (canola oil, palm oil, palm kernel oil), modified wheat starch, polydextrose, water, glycerin, dried apple puree. Contains 2% or less of each of the following: calcium carbonate, egg whites, dextrose, mono and diglycerides, fructose, sodium bicarbonate, sugar, dried whole egg, salt, cinnamon, modified food starch, corn flour, sodium alginate, malic acid, vitamin E acetate, reduced iron, vitamin A palmitate, niacinamide*, tricalcium phosphate, potassium sorbate (a preservative), sodium phosphate, pyridoxine hydrochloride*, thiamin mononitrate*, riboflavin*, cyanocobalamin*. *One of the B vitamins.

Product Name: Quaker Breakfast Cookies, Oatmeal Raisin
Manufacturer Code: 567637918

 **Your product is compliant!**

For future reference and report documentation, enter the brand, product name, and then print.

Brand:

Product:

Nutrition Facts

 Print

Competitive Snack

Whole Grain rich item

A whole grain is not the first ingredient, but the vendor has confirmed that the product is 51% or more whole grain by weight.

Serving Size	48	<input type="radio"/>	Ounces
		<input checked="" type="radio"/>	Grams (Use grams where available)
Servings Per Container	1		
Calories Per Serving	170	Calories from Fat	40
Total Fat (g)	4.5		
Saturated Fat (g)	1		
Trans Fat (g)	0		
Sodium (mg)	190		
Sugars (g)	15		

	Elementary School	Compliant
	Middle/High School	Compliant

Elementary School	Middle/High School
≤ 35% calories from fat.	≤ 35% calories from fat.
< 10% calories from saturated fat	< 10% calories from saturated fat
≤ 35% sugar by weight	≤ 35% sugar by weight
< 0.5 grams trans fat per serving	< 0.5 grams trans fat per serving
≤ 200 milligrams sodium	≤ 200 milligrams sodium
≤ 175 calories per item/container	≤ 200 calories per item/container