

# Best Maid Apple Cinnamon Oatmeal 1.5

Ingredients: Sugar, enriched wheat flour, margarine (partially hydrogenated soybean and cottonseed oils, water, salt, buttermilk, soy lecithin, mono & diglycerides, sorbic acid & sodium benzoate added as preservatives, artificially flavored, artificially colored with beta carotene, vitamin a palmitate added), rolled oats, apples, macaroon, invert sugar, coconut, whole eggs, water, cinnamon, vanilla (water, ethyl alcohol, caramel color), soda bicarbonate, salt. Contains: wheat, eggs, milk, tree nut, soy.

<b>Nutrition Facts</b>			
Amount Per Serving			
<b>Calories</b>	170	<b>Calories From Fat</b>	70
% Daily Value*			
<b>Total Fat</b>	8g		<b>12%</b>
Saturated Fat	3g		<b>14%</b>
Trans Fat	1g		
<b>Cholesterol</b>	5mg		<b>2%</b>
<b>Sodium</b>	80mg		<b>3%</b>
<b>Total Carbohydrate</b>	24g		<b>8%</b>
Dietary Fiber	1g		<b>5%</b>
Sugars	11g		
<b>Protein</b>	2g		
<b>Vitamin A</b>	4%	• <b>Vitamin C</b>	0%
<b>Calcium</b>	0%	• <b>Iron</b>	4%
* 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
Sat 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