

Nutrition Facts

About X servings per container
Serving size 3 Tbsp dry (35g)

Amount per serving
Calories 130

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber <1g	3%
Total Sugars 0g	
Includes 0g Added Sugars	0%

Protein 4g	
Vitamin D 0mcg	0%
Calcium 100mg	8%
Iron 10.8mg	60%
Potassium 30mg	0%
Thiamin	30%
Riboflavin	20%
Niacin	30%
Vitamin B6	20%
Folate 200mcg DFE (120mcg folic acid)	50%
Phosphorus	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Wheat Farina, Malted Barley.

Vitamins and Minerals: Calcium Carbonate, Ferric Orthophosphate (source of iron), Niacinamide (Vitamin B3), Folic Acid, Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Thiamin Mononitrate (Vitamin B1).

CONTAINS WHEAT.

Post Consumer Brands
Hot Wheat Original
HWO-100 HOT
(CIRCLE U)
Regulatory NFP Released: 07/25/18
Graphics NFP Released: 07/25/18

Nutrition Facts have been developed to comply with current Federal regulations.

Product	Pack/Size	Case UPC	GTIN
Malt-O-Meal Quick	12/28 oz	00118	000-42400-00118-8

Case Weight	Case Cube	Case Dimensions	Ti / Hi	Cases/Pallet
22.99	0.59	11.12 X 11 X 8.31	12 / 4	48



Merrilee Olson

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6/30/22

National Sales Manager - K12