

Oatmeal

Component: Grain

Recipe Category Breakfast

Recipe: KSU Developed

Notes:

Nutrient information calculated using Food Processor.
Recipe calculated using 1 serving = 25 grams of dry oats.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings

Serving: 1/2 cup cooked oatmeal

1-2 years: ¼ cup
3-5 years: ¼ cup
6-18 years: ½ cup

Yield:

50 Servings:

100 Servings:

Volume:

50 Servings:

100 Servings:

Nutrients Per Serving

Calories	96	Saturated Fat	0.32 g	Iron	0.92 mg
Protein	3.19 g	Cholesterol	0 mg	Calcium	16.76 mg
Carbohydrate	17.22 g	Vitamin A	0 RAE mcg	Sodium	51.81 mg
Total Fat	1.91 g	Vitamin C	0 mg	Dietary Fiber (2016)	2.55 g