Oatmeal

Component: Grain Recipe Category Breakfast Recipe: KSU Developed

	50 Servings		Servings			
Ingredients	Weight	Measure	Weight	Measure	Directions	
Water		7 qt			1. Bring water to a boil.	
Salt		1 tsp			2. Add salt.	
Oats, rolled	2 lbs 12 oz	3 qt 3 ½ cups			3. Stir in rolled oats.	
					4. Cook about 5 minutes over medium heat; stir occasionally.	
					5. Allow 5 minutes for oatmeal to thicken, and then serve immediately or hold at 135° F or higher.	

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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	Yield:	Volume:	
1-2 years: ¼ cup	50 Servings:	50 Servings:	
3-5 years: ¼ cup			
6-18 years: ½ cup	100 Servings:	100 Servings:	

Nutrients Per Servir	ng				
Calories	93.55	Saturated Fat	0.31 g	Iron	0.90 mg
Protein	3.12 g	Cholesterol	0 mg	Calcium	16.48 mg
Carbohydrate	16.84 g	Vitamin A	0 RAE mcg	Sodium	51.81 mg
Total Fat	1.87 g	Vitamin C	0 mg	Dietary Fiber	2.49 g