

100465 - Oats, Rolled, Quick Cooking
Category: Grains (Whole Grain)**Product Description**

- This item is quick cooking rolled oats available in cases containing twelve 42-ounce tubes.

Crediting/Yield

- One case of rolled oats yields about 750 1/2 cup servings of cooked oats.
- CN Crediting: 1 ounce dry or 1/2 cup cooked oats credits as 1 ounce equivalent grains.

Culinary Tips and Recipes

- Use cooked oats as a cereal option in the breakfast program with healthy toppings such as dried fruit, nuts, or yogurt.
- Oats can also be used as an ingredient when preparing granola, breakfast bars, or overnight oats.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's Team Nutrition](#).

Food Safety Information

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

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Nutrition Facts

Serving size: 1/2 cup (117 g) oats, cooked without salt

Amount Per Serving

Calories 83

Total Fat 2g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 5mg

Total Carbohydrate 14g

Dietary Fiber 2g

Sugars 0g

Protein 3g

Source: [USDA FoodData Central](#)

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, contact the product manufacturer directly.

Nutrient values in this section are from the USDA FoodData Central or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.