



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

Visit us at www.fns.usda.gov/fdd

(last updated, 03-20-12)

100466 – OATS, ROLLED, QUICK, DRY, 3 LB

CATEGORY	<ul style="list-style-type: none"> Grains/Breads
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Rolled oats, quick cooking. Unenriched.
PACK/YIELD	<ul style="list-style-type: none"> 12/3 lb bags. One 3 lb bag AP yields about 18³/₄ cups dry, quick, rolled oats OR about 35²/₃ cups cooked oats and provides about 142.8 1/4-cup servings cooked oats OR about 71.4 1/2-cup servings cooked oats OR about 47.4 3/4-cup servings cooked oats. One lb AP yields about 6¹/₄ cups dry, quick, rolled oats OR about 11⁷/₈ cups cooked oats and provides about 47.6 1/4-cup servings cooked oats OR about 23.8 1/2-cup servings cooked oats OR about 15.8 3/4-cup servings cooked oats. CN Crediting: 1/4 cup cooked oats provides 1/4 cup cooked cereal grain OR 1/2 cup cooked oats provides 1/2 cup cooked cereal grain OR 3/4 cup cooked oats provides 3/4 cup cooked cereal grain.
STORAGE	<ul style="list-style-type: none"> Store rolled oats off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). If ideal storage conditions are not available, store rolled oats under refrigeration. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Oats, quick, unenriched, dry and cooked, no salt added

	1/2 cup dry (40 g)	1/2 cup cooked (117 g)
Calories	153	83
Protein	5.33 g	2.97 g
Carbohydrate	27.42 g	14.04 g
Dietary Fiber	4.1 g	2.0 g
Sugars	0.40 g	0.32 g
Total Fat	2.64 g	1.78 g
Saturated Fat	0.45 g	0.36 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	1.72 mg	1.05 mg
Calcium	21 mg	11 mg
Sodium	2 mg	5 mg
Magnesium	56 mg	32 mg
Potassium	142 mg	82 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.17 mg	0.09 mg



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

Visit us at www.fns.usda.gov/fdd

(last updated, 03-20-12)

100466 – OATS, ROLLED, QUICK, DRY, 3 LB

PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Substitute rolled oats for rolled wheat in any recipe. Make substitutions on a volume basis only, since weights of these products vary. Use as directed in recipes for preparing baked goods, cereals, etc.
USES AND TIPS	<ul style="list-style-type: none"> Serve rolled oats as a hot cereal or use as an extender for meat loaf or meat and fish patties. Use rolled oats in breads, rolls, muffins, cookies, similar baked items, and as a topping for crisps and cakes.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> Visually inspect for presence of foreign substances, insects, or mold before use.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> For guidance on how to effectively manage, store, and maintain USDA Foods, please refer to the policy memo on the FDD Website at: http://www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf.

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product’s Nutrition Facts label or ingredient list for product-specific information.