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Steel Cut Oats - 2 lb.

PRODUCT #: 6295
UPC: 733739062956
SRP: $2.79
Where to Buy
Add a Comment

Steel Cut Oats are whole Oat kernels which have been thinly sliced by high speed steel blades. They have a somewhat chewier texture and heartier flavor than rolled oats.

NOW Foods supplies a wide variety of unique natural foods including: natural fibers, natural sweeteners, sprouting seeds, dried fruit and more. NOW also is a leading source of vitamins, herbs, extracts and pure cosmetics.

Nutrition Info

	Amount Per Serving	% Daily Value
Serving Size	1/3 cup dry (50 g)	
Servings per container	18	
Calories	200	
Calories from fat	30	
Total fat	3 g	5%
Saturated Fat	0.5 g	2%
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Total Carbohydrate	33 g	11%
Dietary Fiber	4 g	16%
Sugars	1 g	
Protein	8 g	

* Percent Daily Values are based on 2,000 calorie diet.
† Daily Value not established.

Details

Serving Size: 1/3 cup dry (50 g)

Suggested Use: Combine 2/3 cup oats in 2 cups water. Add a dash of salt. Bring to a boil, reduce heat and simmer for about 15 minutes, stirring occasionally. Serves two.

Other Ingredients: 100% Steel Cut Oats

Warnings: None

Disclaimers: None

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