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Cooked Rolled Oats

Ingredients:

- 1 teaspoon salt
- 4 cups water
- 2 cups rolled oats (raw oatmeal)

Makes 6 servings - 16% calories from fat

Instructions:

1. Add salt to water and heat to boiling.
2. Slowly stir in rolled oats. Lower to medium heat.
3. Cook uncovered for one minute, stirring often. Remove from heat. Cover pan and let stand a few minutes before serving.

Nutrition Facts	
Serving Size 2/3 cup	
Servings Per Container 6	
Amount Per Serving	
Calories 110	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 390mg	16%
Total Carbohydrate 19g	6%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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