



PARIS GOURMET
Specialty Food Importer



**Item
Number**

DE9100

Flahavan's Steel Cut Quick to Cook Oatmeal

Steel cut, quick to cook Irish oatmeal.

Ingredients List:

100% Natural Wholegrain Irish Oats

Country of Origin:
Ireland

Nutrient	Per 100g
Calories per 100 gram serving	375
Calories from Fat	50
Total Fat in grams	5
Saturated Fat in grams	0
Trans Fat in grams	0
Cholesterol in milligrams	0
Sodium in milligrams	0
Total Carbohydrates in grams	73
Dietary Fiber in grams	10
Total Sugars in grams	3
Includes Added Sugars in grams	0
Protein in grams	13
Vitamin D in IU	
Calcium in milligrams	50
Iron in milligrams	3
Potassium in milligrams	

Usage

Applications

For hot breakfast cereal.

Directions

Stove Top: Stir a cup of Flahavan's Quick to Cook Steel Cut Oatmeal into 2 cups of cold water or milk. Bring to the boil, then reduce heat and simmer for 5-7 minutes stirring occasionally. Remove from the heat and allow to cool for 1 minute before serving. Cooking time may vary depending on the texture required.

Handling

Storage

Dry and cool (68- 72°F, 20- 22°C)

After Opening

Protect From Light;Store at Room Temperature;Wrap Airtight

Paris Gourmet of New York

145 Grand Street
Carlstadt, NJ 07072

1-800-PASTRY-1

www.ParisGourmet.com

Information subject to change without notice.



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Unit Information

Packaging	Cardboard cylinder.
Unit Weight Format	Fixed
Net Weight	24 oz.
Gross Weight	29 oz.
Dimensions (L x W x H, Inches)	4 x 4 x 7
Cube	0.06481

Case Information

Units Per Case	6
Net Weight (Lb.)	9
Gross Weight (Lb.)	11
Dimensions (L x W x H, Inches)	8.6 x 12.5 x 7.5
Cube	0.46658

Palletization

Cases per Layer	16
Layers per Pallet	7
Cases per Pallet	112

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Product Certifications

Certified Kosher	✓	Gluten Free	
Certified Organic		GMO Free	
Trans Fat Free	✓	Certified Vegan	
Vegetarian	✓	DOA	
AOC		Fair Trade	

Allergen Information

(Check mark indicates the presence of that allergen and a blank box indicates NO allergen. Please call for further verification.)

Wheat, rye, barley, oats	✓	Nuts and their products	
Crustacea and their products		Peanuts and their products	
Egg and egg products		Soybeans and their products	
Fish and fish products		Royal Jelly	
Milk and milk products		Bee pollen	
Sesame Seeds and their products		Propolis	

Dates

Format	US
On Unit	✓
On Case	✓
Type	Best Before
Notes	

UPC Case Barcode

UPC Unit Barcode



EAN Barcode