

CEREALS AND PASTA PRODUCTS No.E 001 00
HOT OATMEAL

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
106 cal	18 g	5 g	2 g	0 mg	216 mg	19 mg

Ingredient

CEREAL,OATMEAL,ROLLED
SALT
WATER,BOILING

Weight

6 lbs
1-7/8 oz
41-3/4 lbs

Measure

1 gal 3/8 qts
3 tbsp
5 gal

Issue

Method

- 1 Add cereal and salt to boiling water; stir to prevent lumping.
- 2 Return to a boil; reduce heat; simmer 1 to 3 minutes, stirring occasionally.
- 3 Turn off heat; let stand 10 minutes before serving.