



SERVING SUGGESTION

Coconut Chia Oatmeal

Enjoyed hot or cold, our nutritious mix of steel cut oatmeal, chia seeds, and coconut milk is great for breakfast or dessert with a touch of sweetness.

Item Number: 1005410

INGREDIENTS: Cooked Steel Cut Oat Groats (whole grain oats, water, may contain trace amounts of wheat, barley, triticale, mustard, rye and/or soybeans), Coconut Milk (coconut milk (coconut, water), guar gum), Water, Sugar, Chia Seeds.

ALLERGENS: Wheat, Gluten, Mustard, Soy and Tree Nut

Manufactured in a plant that processes fish, tree nut, crustacean, sesame, gluten, soybean, wheat, molluscan shellfish, S02, sulfite, mustard, celery, eggs and milk.

Nutrition Facts

About 4 servings per container

Serving Size 1 cup (226g)

Amount Per Serving

Calories 380

	% Daily Value*
Total Fat 17g	22%
Saturated Fat 11g	55%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 51g	19%
Dietary Fiber 6g	21%
Total Sugars 19g	
Includes 18g Added Sugars	36%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 49mg	4%
Iron 3mg	15%
Postassium 282mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

SEE REVERSE SIDE FOR
**HEATING
INSTRUCTIONS**

SHELF LIFE	STORAGE TEMPERATURE
548 days from the printed production date on the pouch	0°F or Below
6 days from thawed-sealed pouch	40°F or Below
3 days from thawed-open pouch (within the 6 days mentioned above)	

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Comments or questions?
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★ **Chef Recommended Heating**

**FULLY COOKED
KEEP FROZEN**

1 Pouch



HEATING INSTRUCTIONS

This product is best served cold.



★ CONVENTIONAL OVEN ★

Heat product frozen or after thawing overnight in refrigerator. For best taste, thaw before heating.

1. Preheat oven to 350°F.
2. Open pouch and place product in oven safe dish. Discard plastic pouch.
3. Cover dish in aluminum foil and heat for 45-50 minutes (if frozen) or 25-30 minutes (if thawed).
4. Carefully remove from oven and Enjoy!



MICROWAVE OVEN

Please thaw product overnight in refrigerator.

Heating instructions are approximate. They will vary due to make, model and temperature calibration of your oven. Times and settings based on a 1100 watt microwave oven.

1. Open pouch and place product in microwave safe container. Discard plastic pouch.
2. To avoid getting product on your microwave, place a damp paper towel over container.
3. Microwave on high for 10-13 minutes (if frozen), or 5-8 minutes (if thawed).
4. Carefully remove container from microwave and let stand for 1 minute before serving.

CAUTION: CONTENTS AND CONTAINER WILL BE HOT