



## OATS, ROLLED, QUICK, DRY

Date: October 2012

Code: 100465

### PRODUCT DESCRIPTION

- Quick oats are a dry cereal with no added vitamins and minerals. It needs to be cooked before eating. Quick oats can be cooked in 1 minute in boiling water.

### PACK/YIELD

- Quick oats are packed in 42-ounce tubes, which is about 10.5 servings (½ cup each) of cooked oats.

### STORAGE

- Store unopened bags of oats in a cool, clean, dry place.
- After opening, keep package tightly closed.
- Look at the “Best if used by” or “Best by” date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

### PREPARATION/COOKING

- Bring ½ cup water to a boil. Stir in ½ cup oats.
- Cook 1 minute.

### USES AND TIPS

- Cook oats with chopped fruit and low-fat or nonfat milk instead of water for a filling breakfast.
- Quick oats can be used in a variety of baked dishes such as cookies, muffins, breads, and desserts.
- Quick oats can be used in place of bread crumbs in meatloaf, or in chicken and fish patties.

### NUTRITION INFORMATION

- ½ cup of cooked oats counts as 1 ounce in the MyPlate.gov Grains Group. For a 2,000-calorie diet the daily recommendation is about 6 ounces.

### OTHER RESOURCES

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.choosemyplate.gov](http://www.choosemyplate.gov)
- [www.fns.usda.gov/fdd/](http://www.fns.usda.gov/fdd/)

### NUTRITION FACTS

Serving size: ½ cup (117g) rolled quick oats, cooked in water

#### Amount Per Serving

**Calories** 70      **Calories from Fat** 10

#### % Daily Value\*

|                               |              |           |
|-------------------------------|--------------|-----------|
| <b>Total Fat</b> 1g           |              | <b>2%</b> |
| Saturated Fat 0g              |              | <b>0%</b> |
| <i>Trans</i> Fat 0g           |              |           |
| <b>Cholesterol</b> 0mg        |              | <b>0%</b> |
| <b>Sodium</b> 0g              |              | <b>0%</b> |
| <b>Total Carbohydrate</b> 13g |              | <b>4%</b> |
| Dietary Fiber 2g              |              | <b>8%</b> |
| Sugars 0g                     |              |           |
| <b>Protein</b> 3g             |              |           |
| Vitamin A 0%                  | Vitamin C 0% |           |
| Calcium 0%                    | Iron 4%      |           |

\*Percent Daily Values are based on a 2,000 calorie diet.

## FRUIT AND OAT MUFFINS

MAKES ABOUT 12 SERVINGS

### Ingredients

- Nonstick cooking spray
- 1 cup flour
- 2 teaspoons baking powder
- ½ cup sugar
- ½ teaspoon salt
- ½ can (about 15 ounces) fruit, such as peaches or pears, drained and chopped
- ¼ cup evaporated milk
- ¼ cup water
- 1 egg, beaten
- ¼ cup margarine, melted
- ¼ cup quick oats
- 1 tablespoon margarine, melted
- ¼ teaspoon cinnamon
- 2 tablespoons sugar

### Directions

1. Preheat oven to 400 degrees F. Coat a muffin pan with nonstick cooking spray or line with paper muffin cups.
2. In a large bowl, combine flour, baking powder, ½ cup sugar, and salt. Stir in fruit until coated.
3. In a separate bowl, combine milk, water, eggs, and ¼ cup margarine. Stir into flour mixture.
4. Spoon batter into muffin cups (cups should be about half full).
5. In a small bowl, stir together oats, 1 tablespoon margarine, cinnamon, and 2 tablespoons sugar. Sprinkle evenly on top of muffins.
6. Bake for 15 to 18 minutes or until a fork or toothpick inserted into the center of the muffins comes out clean.

| Nutritional Information for 1 serving (1 muffin) of Fruit and Oat Muffins |     |                    |        |           |        |           |       |
|---|-----|--------------------|--------|-----------|--------|-----------|-------|
| Calories  | 150 | Cholesterol        | 25 mg  | Sugar     | 12 g   | Vitamin C | 1 mg  |
| Calories from Fat   | 50  | Sodium             | 190 mg | Protein   | 2 g    | Calcium   | 66 mg |
| Total Fat   | 6 g | Total Carbohydrate | 23 g   | Vitamin A | 64 RAE | Iron      | 1 mg  |
| Saturated Fat   | 2 g | Dietary Fiber      | 1 g    |           |        |           |       |

*Recipe adapted from Commodity Supplemental Food Program Cookbook*

## ITALIAN MEATBALLS

MAKES ABOUT 6 SERVINGS

### Ingredients

- 1 pound lean ground beef
- 1 egg
- ¼ cup quick oats
- 1 tablespoon garlic powder
- 2 teaspoons dried Italian seasoning
- ½ teaspoon black pepper
- ½ teaspoon salt
- ⅛ teaspoon cumin (if you like)
- ¼ cup peanut butter
- Nonstick cooking spray

### Directions

1. Preheat oven to 325 degrees F.
2. In a large mixing bowl, combine all of the ingredients. If using cumin, add that too. Mix well.
3. Form meat mixture into 1 ½-inch balls.
4. Coat baking sheet with nonstick cooking spray. Place meatballs on baking sheet lined with foil.
5. Bake for 20 to 30 minutes, or until browned.

| Nutritional Information for 1 serving (about 3 meatballs) of Italian Meatballs |      |                    |        |           |        |           |       |
|--|------|--------------------|--------|-----------|--------|-----------|-------|
| Calories   | 220  | Cholesterol        | 90 mg  | Sugar     | 0 g    | Vitamin C | 0 mg  |
| Calories from Fat  | 150  | Sodium             | 260 mg | Protein   | 15 g   | Calcium   | 22 mg |
| Total Fat  | 16 g | Total Carbohydrate | 3 g    | Vitamin A | 12 RAE | Iron      | 2 mg  |
| Saturated Fat  | 6 g  | Dietary Fiber      | 1 g    |           |        |           |       |

*Recipe adapted from Food.com*