

January 2014

UNITED STATES DEPARTMENT OF AGRICULTURE

Household USDA Foods Fact Sheet

USDA FOODS



OATS, WHOLE GRAIN, ROLLED, DRY

Date: October 2012

Code: 100466



PRODUCT DESCRIPTION

- Rolled oats are a whole grain dry cereal with no added vitamins and minerals. It needs to be cooked before eating.

PACK/YIELD

- Rolled oats are packed in 3-pound bags, which provide about 71 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 5 minutes.

USES AND TIPS

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

NUTRITION INFORMATION

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

OTHER RESOURCES

- www.nutrition.gov
- www.choosemyplate.gov
- www.fns.usda.gov/fdd/

NUTRITION FACTS

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

Amount Per Serving

Calories	80	Calories from Fat	15
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% Daily Value*

Total Fat	1.5g		3%
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Saturated Fat	0g		0%
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Trans Fat 0g

Cholesterol	0mg		0%
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Sodium	5mg		0%
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Total Carbohydrate	14g		5%
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Dietary Fiber	2g		8%
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Sugars 0g

Protein	3g		
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Vitamin A	0%	Vitamin C	0%
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Calcium	2%	Iron	6%
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*Percent Daily Values are based on a 2,000 calorie diet.

CINNAMON OATMEAL PANCAKES**Directions**

MAKES ABOUT 10 SERVINGS

Ingredients

- 1 ½ cups flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1 tablespoon cinnamon
- 1 egg
- 1 ½ cups cooked oats
- ½ cup evaporated milk
- ¼ cup water
- Nonstick cooking spray

1. Mix flour, baking powder, salt, and cinnamon in a large bowl.
2. In a separate bowl, combine egg, oats, milk, and water, and stir well.
3. Stir the oatmeal mixture into the flour mixture and stir until combined.
4. Heat a large skillet coated with nonstick cooking spray over medium heat.
5. Pour large spoonfuls of batter into the skillet. Cook until bubbles show on the tops of the pancakes, about 2 to 3 minutes. Flip over and cook an additional 2 minutes, or until golden brown and cooked through.
6. Serve warm by themselves or top with canned or fresh fruit.

Nutritional Information for 1 serving (about 2 pancakes) of Cinnamon Oatmeal Pancakes					
Calories	120	Cholesterol	25 mg	Sugar	0 g
Calories from Fat	20	Sodium	190 mg	Protein	4 g
Total Fat	2 g	Total Carbohydrate	20 g	Vitamin A	21 RAE
Saturated Fat	1 g	Dietary Fiber	1 g	Vitamin C	0 mg
				Calcium	77 mg
				Iron	2 mg

Recipe adapted from Commodity Supplemental Food Program Cookbook

NO BAKE OATMEAL PEANUT BUTTER COOKIES

MAKES ABOUT 18 SERVINGS

Ingredients

- 1 cup sugar
- ¼ cup 1% milk
- ¼ cup margarine
- 2 tablespoons unsweetened cocoa powder (if you like)
- 1 teaspoon vanilla extract
- ¼ cup peanut butter
- 2 cups dry oats
- Nonstick cooking spray

Directions

1. Put sugar, milk, and margarine in a saucepan and bring to a boil. If using cocoa powder, add that too.
2. Remove from heat and stir in vanilla and peanut butter until peanut butter is melted.
3. Add oats and stir well.
4. Drop by teaspoonfuls onto a cookie sheet coated with cooking spray or covered with waxed paper. Chill for 1 hour.

Nutritional Information for 1 serving (2 cookies) of No Bake Oatmeal Peanut Butter Cookies					
Calories	120	Cholesterol	5 mg	Sugar	12 g
Calories from Fat	40	Sodium	15 mg	Protein	2 g
Total Fat	5 g	Total Carbohydrate	18 g	Vitamin A	28 RAE
Saturated Fat	1.5 g	Dietary Fiber	1 g	Vitamin C	0 mg
				Calcium	11 mg
				Iron	0 mg

Recipe adapted from Food.com