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› Quaker Oats 1Kg Instruction Manual

## Quaker 8901491103800

# Quaker Oats 1Kg Instruction Manual

Model: 8901491103800

## PRODUCT OVERVIEW

Quaker Oats 1Kg provides 100% natural wholegrain rolled oats, designed for a nutritious and tasty start to your day. These oats are a rich source of fiber and protein, offering lasting energy due to their complex carbohydrates that break down slowly. Regular consumption, as part of a balanced diet, can help reduce cholesterol and support weight management.



Image: Front view of the Quaker Oats 1Kg packaging, highlighting key benefits like cholesterol reduction, 100% natural wholegrain, 2x protein & fiber, and lasting energy. A bowl of prepared oats with berries and almonds is shown.



Image: Back view of the Quaker Oats 1Kg packaging, detailing "One Oats, Many Benefits" including 100% natural wholegrain, lasting energy, rich source of fiber, good source of protein, helps maintain weight, helps reduce cholesterol, and nutrients that support a healthy immune system.

- **100% Natural Wholegrain:** Provides lasting energy.
- **Helps Reduce Cholesterol:** 3g or more per day of soluble fiber from oats helps reduce blood total- and LDL-cholesterol levels.
- **Rich in Fibre and Protein:** Essential for a balanced diet.
- **Lasting Energy:** Complex carbohydrates break down slowly.
- **Helps Maintain Weight:** Contributes to a well-balanced diet.

## PREPARATION INSTRUCTIONS

Quaker Oats are versatile and can be prepared quickly for a nutritious meal. Below are instructions for basic preparation and some recipe ideas.

### Basic Oats Preparation (3 Minutes)

1. Measure 40g or ½ cup of Quaker Oats.
2. Add one glass of skimmed milk (approximately 260ml).
3. Boil for approximately 3 minutes on medium heat, stirring continuously, or microwave for 2-2½ minutes.
4. Optional: Add sugar or honey for a sweet taste.
5. Garnish with almonds, dates, and fresh fruits for a nutritious bowl.

# PERFECT START WITH QUAKER®



Image: A bowl of prepared Quaker Oats garnished with fresh berries and almonds, illustrating a healthy breakfast option.

## Recipe: Quaker Oats Idli

Prepare delicious and healthy Idli using Quaker Oats.

### Items Required:

- Oats
- Water
- Semolina
- Curd

### Steps to Prepare (8 Servings):

1. Mix  $\frac{1}{2}$  cup powdered Quaker Oats,  $\frac{1}{2}$  cup semolina, salt (optional),  $\frac{1}{2}$  cup low fat curd,  $\frac{1}{2}$  tsp baking powder and  $\frac{1}{2}$  cup water.
2. Let it rest for 10 minutes.

3. Pour into idli stands and steam for 10-15 minutes.
4. Serve hot!



Image: Prepared Quaker Oats Idli served with chutney, showcasing a savory meal option.



Image: Visual guide for preparing Quaker Oats Idli, listing required ingredients and step-by-step instructions.

## STORAGE AND MAINTENANCE

To maintain the quality and freshness of your Quaker Oats, follow these storage guidelines:

- Store the product away from moisture.
- Keep away from strong odors to prevent absorption of unwanted smells.
- Ensure the packaging is sealed properly after each use.

## TROUBLESHOOTING

Quaker Oats are a simple food product, and issues are rare. However, if you encounter any concerns:

- **Taste or Texture Issues:** Ensure proper storage as per the maintenance section. Exposure to moisture or strong odors can affect quality.
- **Cooking Consistency:** Adjust cooking time and liquid quantity (milk/water) to achieve desired consistency. Different preferences may require slight variations from the standard recipe.
- **Allergen Information:** Please note that this product contains Rolled Oats Flakes and may contain wheat and barley. If you have allergies, consult the ingredients list carefully.

PRODUCT SPECIFICATIONS

| Attribute                   | Detail                                                         |
|-----------------------------|----------------------------------------------------------------|
| Brand                       | Quaker                                                         |
| Model Number                | 8901491103800                                                  |
| Weight                      | 1 kg (1000 Grams)                                              |
| Ingredient Type             | Vegetarian                                                     |
| Specialty                   | High Fibre, Whole Grain, Vegan, Low Sodium, No organic Flavour |
| Package Information         | Bag / Pouch                                                    |
| Country of Origin           | India                                                          |
| Manufacturer                | Pepsico India Holding Private Limited                          |
| Allergen Information        | Oat (May contain Wheat, Barley)                                |
| Serving Size Recommendation | 40 Grams                                                       |

# NUTRITIONAL INFORMATION##

SERVE SIZE 40 g

25 SERVINGS IN THIS PACK\*

| NUTRIENTS           | PER 100g## | PER SERVE (40g)* | %RDA PER SERVE |
|---------------------|------------|------------------|----------------|
| ENERGY              | 407 kcal   | 163 kcal         | 8%             |
| PROTEIN             | 11.8 g     | 4.7 g            | -              |
| TOTAL FAT           | 9.5 g      | 3.8 g            | 6%             |
| PUFA                | 4 g        | 1.6 g            | -              |
| MUFA                | 3.6 g      | 1.4 g            | -              |
| SATURATED FAT       | 1.9 g      | 0.8 g            | 4%             |
| TRANS FAT           | 0 g        | 0 g              | 0%             |
| CHOLESTEROL         | 0 mg       | 0 mg             | -              |
| CARBOHYDRATE        | 68.5 g     | 27.4 g           | -              |
| TOTAL SUGARS        | 1.8 g      | 0.7 g            | -              |
| ADDED SUGARS        | 0 g        | 0 g              | 0%             |
| TOTAL DIETARY FIBRE | 10 g       | 4 g              | -              |
| SOLUBLE FIBRE       | 3.8 g      | 1.5 g            | -              |
| INSOLUBLE FIBRE     | 6.2 g      | 2.4 g            | -              |
| IRON                | 2.9 mg     | 1.1 mg           | -              |
| MAGNESIUM           | 106 mg     | 42.4 mg          | -              |
| SODIUM              | 9.5 mg     | 3.8 mg           | 0%             |
| ZINC                | 2 mg       | 0.8 mg           | -              |

##APPROXIMATE VALUES^

\*APPLICABLE FOR 1KG PACK

# OATS INGREDIENTS

ROLLED OATS FLAKES~

**ALLERGEN ADVICE:  
MAY CONTAIN WHEAT,  
BARLEY**



*fssai*

MKT. LIC. NO. 10014064000435

**REFERENCES:**  
~WHOLE GRAIN COUNCIL

Image: Detailed nutritional information table for Quaker Oats, showing values per 100g and per 40g serving.

## SUPPORT AND CONTACT

For any queries, feedback, or assistance regarding Quaker Oats, please contact the manufacturer directly:

- **Manufacturer:** Pepsico India Holding Private Limited
- **Customer Care:** You can reach customer care by calling [1800 22 4020](tel:1800-22-4020).
- **WhatsApp Support:** For quick assistance, send a message to [+91 89553 55553](tel:+91-89553-55553).
- **Email:** [consumer.feedback@pepsico.com](mailto:consumer.feedback@pepsico.com)
- **Online Information:** Visit the Quaker India website or their social media channels for more information and recipes.

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## ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

### Name

Anonymous

### Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

### Question

Example: How do I reset this device or fix this error?

### Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question