



HOT WATER DIRECTIONS

1. Empty packet into bowl.
2. Add 1/2 cup boiling water, stir.

MICROWAVE DIRECTIONS

1. Empty packet into 2 cup microwave-safe bowl.
2. Add 1/2 cup water or milk, stir.
3. Microwave on HIGH 1 minute to 1 minute 15 seconds; stir.

Microwave ovens vary in power, cooking times may need to be adjusted. For thicker grits, decrease liquid; for thinner grits increase liquid.

SAFE HANDLING INSTRUCTIONS:
This is made with raw corn, so it is not ready-to-eat and must be thoroughly cooked before eating to prevent illness. Do not eat or play with raw product; wash hands, utensils, and surfaces after handling.

We're here to help.
Quakeroats.com or 800.694.7487
Please have package available when calling.



INSTANT GRITS FLAVOR VARIETY	ORIGINAL	3
	BUTTER	3
	CHEDDAR CHEESE	2
	COUNTRY BACON	2

SAME
DELICIOUS
TASTE
READY IN
2 MINS



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TOPPINGS ADDED AS
SERVING SUGGESTION
BALANCED IMAGE
per packet

10
0.98 OZ (28 g)
PACKETS

100 CALORIES 100 CALORIES 100 CALORIES 100 CALORIES
Original Butter Cheddar Cheese Country Bacon
NET WT 9.9 OZ (280 g)



INSTANT
GRITS
FLAVOR
VARIETY

BEST
IF USED
BEFORE



DELICIOUS ANYTIME.

Our grits make a great addition to any meal!

Enjoy one of our many delicious flavors, or mix things up and try adding your own grits topper your family will love - from savory butter, shredded cheese, green onions, or shrimp, to sweet cream, honey or sugar.

SIMPLY THE BEST QUALITY

Quaker has set the standard in Grits for over 100 years. Only Quaker® Instant Grits can help your family continue the tradition with easy to prepare, smooth and creamy Grits.

For more recipe ideas visit:
quakeroats.com



GIVE THEM THE FLAVORS THEY LOVE.

Cheesy, original, butter or spicy - Quaker® Instant Grits has the perfect taste for every occasion.

Nutrition Facts		Original		Butter NATURALLY FLAVORED		Cheddar Cheese NATURALLY & ARTIFICIALLY FLAVORED		Country Bacon ARTIFICIALLY FLAVORED WITH IMITATION BACON BITS		
Servings per container		3		3		2		2		
Serving size 1 packet		(28g)		(28g)		(28g)		(28g)		
Amount per serving		100		100		100		100		
Calories		% Daily Value*		% Daily Value*		% Daily Value*		% Daily Value*		
Total Fat		0g	0%	1.5g	2%	1.5g	2%	0.5g	1%	
Saturated Fat		0g	0%	0.5g	3%	0.5g	4%	0g	0%	
Trans Fat		0g		0g		0g		0g		
Polyunsaturated Fat		0g		0g		0g		0g		
Monounsaturated Fat		0g		1g		0g		0g		
Cholesterol		0mg	0%	0mg	0%	0mg	0%	0mg	0%	
Sodium		310mg	14%	340mg	15%	470mg	20%	400mg	17%	
Total Carbohydrate		22g	8%	21g	8%	21g	8%	21g	8%	
Dietary Fiber		1g	5%	1g	5%	1g	4%	1g	5%	
Total Sugars		0g		0g		0g		0g		
Includes Added Sugars		0g	0%	0g	0%	0g	0%	0g	0%	
Protein		2g		2g		3g		3g		
*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.		Vitamin D	0mcg	0%	0.1mcg	0%	0mcg	0%	0mcg	0%
		Calcium	130mg	8%	120mg	8%	120mg	8%	120mg	8%
		Iron	12.9mg	70%	11.6mg	60%	11.5mg	60%	8.6mg	45%
		Potassium	40mg	0%	30mg	0%	50mg	0%	60mg	0%
		Thiamin	0.18mg	15%	0.18mg	15%	0.18mg	15%	0.2mg	15%
		Riboflavin	0.13mg	10%	0.13mg	10%	0.65mg	50%	0.1mg	10%
		Niacin	1.6mg	10%	1.6mg	10%	1.6mg	10%	1.6mg	10%
		Folate DFE	60mcg	15%	60mcg	15%	60mcg	15%	80mcg	20%
		Folic Acid	60mcg		(36mcg)		(36mcg)		(44mcg)	

ORIGINAL INGREDIENTS: Degerminated white corn grits, salt, calcium carbonate, reduced iron, niacinamide*, BHT and citric acid (to preserve freshness), thiamin mononitrate*, riboflavin*, folic acid*.

*One of the B vitamins.

BUTTER INGREDIENTS: Degerminated white corn grits, salt, maltodextrin, sunflower oil, vegetable oil (palm kernel and palm oil), rice flour, calcium carbonate, whey, sodium caseinate, oat fiber, natural flavor, corn starch, mono and diglycerides, soy lecithin, hydrogenated palm oil, annatto (color), nonfat milk, reduced iron, turmeric (color), niacinamide*, BHT and citric acid (to preserve freshness), thiamin mononitrate*, riboflavin*, beta carotene (color), folic acid*.

*One of the B vitamins.

CONTAINS MILK AND SOY INGREDIENTS.

CHEDDAR CHEESE INGREDIENTS: Degerminated white corn grits, salt, coconut oil, corn syrup solids, palm oil, calcium carbonate, natural and artificial flavor, maltodextrin, modified food starch, whey, cheddar cheese (milk, cultures, salt, enzymes), yeast extract, annatto and turmeric (color), hydrolyzed corn gluten, monosodium glutamate, sodium phosphate, lactic acid, disodium inosinate and disodium guanylate, sodium caseinate, reduced iron, mono and diglycerides, potassium phosphate, tocopherols (to preserve freshness), niacinamide*, BHT and citric acid (to preserve freshness), riboflavin (nutrient and color)*, thiamin mononitrate*, folic acid*.

*One of the B vitamins.

CONTAINS MILK INGREDIENTS.

COUNTRY BACON INGREDIENTS: Specially processed degerminated white corn grits, textured soy flour, salt, calcium carbonate, soybean oil, natural flavor, caramel color, reduced iron, niacinamide*, BHT and citric acid (preservatives), thiamin mononitrate*, riboflavin*, folic acid*.

*One of the B vitamins.

CONTAINS SOY INGREDIENTS.



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FLAVOR VARIETY

Remove flap along perforation on the back of box for a convenient pantry pack

LIFT TAB TO OPEN

TO CLOSE - INSERT TAB

Please note:
Tiny dark specks occasionally found in our grits are naturally occurring in the corn we use in this product and do not affect the taste or texture.



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or @Quaker

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