BEST
IF USED
BEFORE

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

TO CLOSE - INSERT TAB

LIFT TAB TO OPEN
OR
Remove flap along perforation on the back of box for a convenient pantry pack

COUNTRY BACON FLAVOR
ARTIFICIALLY FLAVORED WITH IMITATION BACON BITS

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.

TO OPEN, PRESS IN HERE
& PULL UPWARDS
TO TEAR OFF FLAP

QUAKER
INSTANT GRITS
JALAPEÑO CHEDDAR
RED EYE GRAVY & COUNTRY HAM
CHEDDAR CHEESE
BUTTER
CHEESE LOVERS
ORIGINAL
SAME DELICIOUS TASTE

GIVE THEM THE FLAVORS THEY LOVE.

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

COUNTRY BACON FLAVOR
ARTIFICIALLY FLAVORED WITH IMITATION BACON BITS

An Excellent Source of IRON

SEE NUTRITION INFORMATION FOR SODIUM CONTENT

QUAKER®
ESTD 1877

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

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.

For special offers, information & to join the conversation, visit: **QuakerOats.com, Facebook.com/Quaker** or **@Quaker**

how2recycle.info
PAPER BOX
MULTI-LAYER POUCH

SEE OTHER SIDE FOR OPENING INSTRUCTIONS

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INSTANT
GRITS
COUNTRY BACON FLAVOR
ARTIFICIALLY FLAVORED WITH IMITATION BACON BITS

32635685101

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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.

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SAME DELICIOUS TASTE
READY IN 2 MINS

QUAKER®
ESTD 1877

INSTANT GRITS

COUNTRY BACON FLAVOR

ARTIFICIALLY FLAVORED WITH IMITATION BACON BITS

TOPPINGS ADDED AS SERVING SUGGESTION
ENLARGED IMAGE

10
0.98 OZ (28 g)
PACKETS

Ⓤ

per packet

100	0g	400mg	0g
CALORIES	SAT FAT 0% DV	SODIUM 17% DV	TOTAL SUGARS

NOT A LOW CALORIE FOOD

NET WT 9.8 OZ (280 g)

Nutrition Facts

10 servings per container
Serving size 1 packet (28g)

Amount per serving
Calories 100

	% Daily Value*
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	**0%**
Sodium 400mg	**17%**
Total Carbohydrate 21g	**8%**
Dietary Fiber 1g	**5%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 3g	
Vitamin D 0mcg	0%
Calcium 120mg	8%
Iron 8.6mg	45%
Potassium 60mg	0%
Thiamin 0.2mg	15%
Riboflavin 0.1mg	10%
Niacin 1.6mg	10%
Folate 80mcg DFE (44mcg folic acid)	20%

*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.

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.

DISTRIBUTED BY:
THE QUAKER OATS COMPANY
P.O. BOX 049003
CHICAGO, IL 60604-9003 U.S.A.

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Scan here for more food information or call 1-800-694-7487

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GRITS
COUNTRY BACON FLAVOR
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394-L04-27

UPC/PURCHASE SEAL
0 30000 56851 4
QUAKER INSTANT GRITS