mother's®
someone to trust since 1895

At **Mother's** our rich **heritage** is a source of **great pride**. For over a century we've been offering the **very best** foods for families just like yours. You'll be reminded of **mother's love & devotion with every bite.**

Mother's Whole Grain Brown Rice Cakes are a crunchy snack alternative. Each great tasting rice cake contains 35 calories, is low fat, cholesterol-free and gluten free. Enjoy Mother's Rice Cakes alone or with your favorite topping, such as peanut buttee, preserves, cheeses or salads. For additional wholesome snack options, try all the varieties of Mother's Rice Cakes.

Nutrition Facts

About 14 servings per container
Serving size **1 cake (9g)**

Amount per serving
Calories **35**

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 7g	**3%**
Dietary Fiber 0g	**0%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein less than 1g	
Vit. D 0mcg 0% • Calcium 0mg 0%	
Iron 0.1mg 0% • Potas. 30mg 0%	

* 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: Whole grain brown rice.
(16802-L05-8)

DISTRIBUTED BY:
THE QUAKER OATS COMPANY
P.O. BOX 049003
CHICAGO, IL 60604-9003 U.S.A.
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smartlabel™
Scan here for more food information
1-800-333-8142

no preservatives

TO RESTORE CRISPNESS:
Bake rice cakes in preheated 200° conventional oven only about 5 minutes. Allow the cakes to cool slightly before eating.
DO NOT HEAT IN TOASTER OR MICROWAVE.

MOTHER'S PLAIN
RICE CAKES (SODIUM FREE)
30000 16802 0
UPC/PURCHASE SEAL

We're here to help.
MothersCereal.com or 800-333-8142
Please have packaging available when calling.
Visit us at: **motherscereal.com**

QRCB-6706C

mother's®
sodium free
plain
whole grain brown rice cakes

no preservatives

14 cakes

9g whole grain per cake

low fat

gluten free

For info

CALORIES	Fat	Saturated Fat	Sodium
35	0g	0g	0g
	0% DV	0% DV	0% DV

NET WT 4.47 OZ (127 g)

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