POPPED. NEVER FRIED.

- 14g WHOLE GRAINS PER SERVING
- WHOLE GRAIN
 149 or more per serving
 50% OR MORE OF THE
- GLUTEN FREE
- NO ARTIFICIAL PRESERVATIVES OR FLAVORS
- NO COLORS FROM ARTIFICIAL SOURCES
- NO HIGH FRUCTOSE CORN SYRUP
- LOW CHOLESTEROL





DO NOT HEAT IN TOASTER OR MICROWAVE.





Nutrition Facts

About 3 servings per container
Serving size About 16 pieces (28g)

Amount per serving

Calories

130

| % Dai | ily Value* |
|--------------------------|------------|
| Total Fat 5g | 6% |
| Saturated Fat 0.5g | 3% |
| Trans Fat 0g | |
| Polyunsaturated Fat 1.5g | |
| Monounsaturated Fat 2.5g | |
| Cholesterol 0mg | 0% |
| Sodium 260mg | 11% |
| Total Carbohydrate 20g | 7% |
| Dietary Fiber <1g | 3% |
| Total Sugars <1g | |
| Includes 0g Added Sugars | 0% |
| Protein 2g | |
| | |
| Vitamin D 0mcg | 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 flour, corn grits, vegetable oil (canola and/or sunflower oil), corn maltodextrin, whey, cheddar cheese (milk, cheese cultures, salt, enzymes), salt, natural flavor, potassium salt, butter oil, calcium lactate, gum acacia, butter (cream, salt), tocopherols (to preserve freshness), and annatto extract (color).

CONTAINS MILK INGREDIENTS.

Calcium 20mg

Potassium 150mg

Iron 0.3mg

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