

- 13g WHOLE GRAINS PER SERVING
- NO ARTIFICIAL **PRESERVATIVES OR FLAVORS**
- GLUTEN FREE
- NO HIGH FRUCTOSE CORN SYRUP
- LOW CHOLESTEROL
- NO COLORS FROM ARTIFICIAL SOURCES











**ENLARGED IMAGE** NET WT 3.03 OZ (86 g)



## **Nutrition Facts**

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

Amount per serving

**Calories** 

130

% Dai	ly Value*
Total Fat 4.5g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 2.5g	
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 20g	7%
Dietary Fiber less than 1g	4%
Total Sugars 2g	
Includes 1g Added Sugars	3%
Protein 2g	
Vitamin D. Oman	000
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.4ma	2%

Potassium 70mg \* 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), sugar, salt, brown sugar, onion powder, whey, molasses, tomato powder, spices, natural flavor, corn maltodextrin, yeast extract, garlic powder, paprika extract (color), tocopherols (to preserve freshness), cinnamon. CONTAINS MILK INGREDIENTS.

DISTRIBUTED BY:
THE QUAKER OATS COMPANY
P.O. BOX 049003
CHICAGO, IL 60604-9003 U.S.A.
© 2021 The Quaker Oats Company

We're here to help.
Quakeroats.com or 800.856.5781
Please have package available when calling.

**BEST BEFORE:** 





