QUAKER
-ESTD 1877-

INSTANT
GRITS
RED EYE GRAVY & COUNTRY HAM FLAVOR
ARTIFICIALLY FLAVORED WITH IMITATION HAM BITS

32635685201

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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

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TOPPINGS ADDED AS SERVING SUGGESTION. ENLARGED IMAGE FOR DISPLAY.

10 0.98 OZ (28 g) PACKETS

90 CALORIES | 0g SAT FAT 0% | 490mg SODIUM 21% | 0g TOTAL SUGARS
0% DAILY VALUE BASED ON A 2,000 CALORIE DIET

NET WT 9.8 OZ (280 g)

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

Amount per serving	
Calories	90
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 490mg	21%
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 12.2mg	60%
Potassium 60mg	0%
Thiamin 0.2mg	15%
Riboflavin 0.1mg	10%
Niacin 1.6mg	10%
Folate 80mcg DFE (51mcg 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: Degerminated white corn grits, salt, soy flour, calcium carbonate, hydrolyzed corn protein, monosodium glutamate, caramel color, torula yeast, sugar, corn maltodextrin, palm oil, corn syrup solids, reduced iron, natural flavor, sodium caseinate, niacinamide*, BHT and citric acid (preservatives), mono and diglycerides, potassium phosphate, tocopherols (preservative), red 3 (color), thiamin mononitrate*, riboflavin*, folic acid*.
*One of the B vitamins.
CONTAINS MILK AND SOY INGREDIENTS.

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

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397-L02-33

UPC-PURCHASE SEAL

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QUAKER INSTANT GRITS