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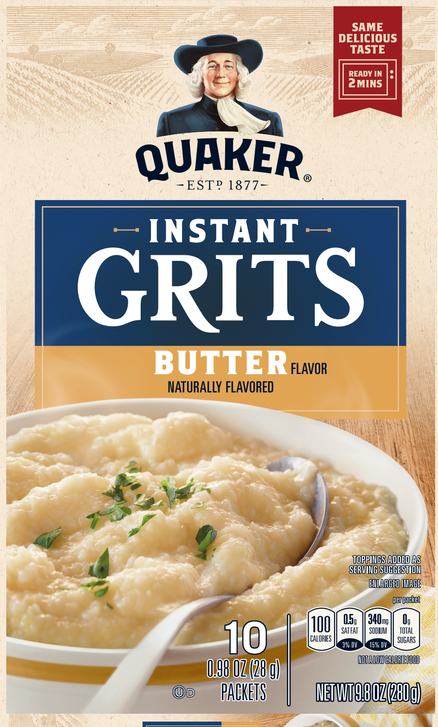

Nutrition Facts

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

Amount per serving
Calories 100

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 340mg	15%
Total Carbohydrate 21g	8%
Dietary Fiber 1g	5%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0.1mcg	0%
Calcium 120mg	8%
Iron 11.6mg	60%
Potassium 30mg	0%
Thiamin 0.18mg	15%
Riboflavin 0.13mg	10%
Niacin 1.6mg	10%
Folate 60mcg DFE (36mcg folic acid)	15%

*The % Daily Value (%) 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, maltodextrin, sunflower oil, vegetable oil (palm kernel and palm oil), rice flour, calcium carbonate, whey, sodium caseinate, oat fiber, natural flavor, corn starch, mono and diglycerides, soy lecithin, hydrogenated palm oil, annatto (color), nonfat milk, reduced iron, turmeric (color), niacinamide*, BHT and citric acid (to preserve freshness), thiamin mononitrate*, riboflavin*, beta carotene (color), folic acid*.
*One of the B vitamins.

CONTAINS MILK AND SOY INGREDIENTS.

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

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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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