

POPPED. NEVER FRIED.

- 9g WHOLE GRAINS* PER SERVING
 - NO ARTIFICIAL PRESERVATIVES OR FLAVORS
 - GLUTEN FREE
 - NO HIGH FRUCTOSE CORN SYRUP
 - LOW CHOLESTEROL*
 - NO ADDED COLORS
- *SEE NUTRITION FACTS FOR SODIUM CONTENT



FULL OF FLAVOR. FULL OF CRUNCH.



MADE WITH CORN & WHOLE GRAIN BROWN RICE

ZESTY & DELICIOUS

16930-103-13



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DO NOT HEAT IN TOASTER OR MICROWAVE.

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

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GLUTEN FREE

9 GRAMS WHOLE GRAINS PER SERVING

NO ARTIFICIAL FLAVORS

SEE NUTRITION FACTS FOR SODIUM CONTENT

PER 19g SERVING

80 CALORIES	0g SAT FAT 0% DV	200mg SODIUM 9% DV	<1g TOTAL SUGARS
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NET WT 0.67 OZ (19g)

Nutrition Facts

1 serving per container
Serving size 1 bag (19g)

Amount per serving
Calories 80

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 13g	5%
Dietary Fiber less than 1g	2%
Total Sugars less than 1g	
Includes less than 1g Added Sugars	1%
Protein 1g	

Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.3mg	0%
Potassium 50mg	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), salt, buttermilk powder, corn maltodextrin, milk, tomato powder, dextrose, onion powder, garlic powder, natural flavor, dried cream, sugar, yeast extract, spices, gum arabic, tocopherols (to preserve freshness).
CONTAINS MILK INGREDIENTS.

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

BEST BEFORE:

