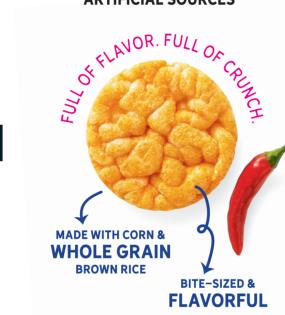
## **POPPED. NEVER FRIED**

- 14g WHOLE GRAINS PER SERVING
- NO ARTIFICIAL **PRESERVATIVES OR FLAVORS**
- GLUTEN FREE
- NO HIGH FRUCTOSE CORN SYRUP
- LOW CHOLESTEROL
- NO COLORS FROM **ARTIFICIAL SOURCES**







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

outories i	
% 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 1g	4%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 2g	
Vii i D.O	00
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.4mg	2%
Potassium 60mg	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), sugar, salt, corn maltodextrin, fructose, dried soy sauce (soybean, salt), hydrolyzed corn and soy protein, vinegar solids, onion powder, garlic powder, spices, natural flavor, paprika extract (color), yeast extract, tocopherols (to preserve freshness).

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