QUAKER
-EST'D 1877-

smartlabel™
See here for more nutritional information
1-800-856-5781

Nutrition Facts

About 14 servings per container
Serving size 1 cake (13g)

Amount per serving
Calories 50

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	1%
Total Sugars 3g	
Includes 3g Added Sugars	5%
Protein less than 1g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.1mg	0%
Potassium 20mg	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, degerminated millet corn, sugar, fructose, maltodextrin, natural flavor, salt, soy lecithin.

CONTAINS SOY INGREDIENTS.

DISTRIBUTED BY:
THE QUAKER OATS COMPANY
P.O. BOX 049003
CHICAGO, IL 60604-9003
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Visit us at QuakerOats.com

- **5g WHOLE GRAINS** PER CAKE
- **NO ARTIFICIAL FLAVORS**
- **GLUTEN FREE**
- **LOW CHOLESTEROL**
- **0g TOTAL FAT** PER CAKE

TRY TOPPED WITH FRESH SPREADS!

CREAM CHEESE, PEACHES & HONEY

Serving Suggestion

DO NOT HEAT IN TOASTER OR MICROWAVE.

WE'RE HERE TO HELP.
Quakeroats.com or 800.856.3781
Please have package available when calling.

BEST BEFORE:

M-KOR PK#69

0 52000 69100 0

CARAMEL
FLAVOR WITH OTHER NATURAL FLAVORS
– RICE CAKES –

NET WT 6.5 OZ (186 g)

PER SERVING

CALORIES	FAT LESS	SODIUM	TOTAL CARBOHYDRATE
50	0g	25mg	11g
		1% DAILY VALUE	4% DAILY VALUE

50 CALORIES per rice cake

GLUTEN FREE | 5 GRAMS WHOLE GRAINS PER CAKE | NO ARTIFICIAL FLAVORS

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