# POPPED. NEVER FRIED.

- 14g WHOLE GRAINS PER SERVING
- **PRESERVATIVES OR FLAVORS**

NO ARTIFICIAL

- GLUTEN FREE
- NO HIGH FRUCTOSE **CORN SYRUP**
- LOW CHOLESTEROL
- NO COLORS FROM **ARTIFICIAL SOURCES**









### **Nutrition Facts**

About 6 servings per container Serving size About 16 crisps (28g)

## Calories

130

<del>Jaiorics</del>	
% C	Daily Value
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 2.5g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 20g	79
Dietary Fiber <1g	3%
Total Sugars <1g	
Includes 0g Added Sugars	09

#### Protein 2g

1 9		
Vitamin D 0mcg	09	
Calcium 10mg	09	
Iron 0.4mg	29	
Potassium 200mg	4%	

\* The % Daily Value (DV) tells you how much a nutrien 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), corn maltodextrin, and less than 2% of salt, potassium salt, whey, natural flavors, jalapeño pepper, onion powder, cheddar cheese (milk, cheese cultures, salt, enzymes), spices, yeast extract, sugar, garlic powder, vinegar, skim milk, buttermilk, paprika extract (color), annatto extract (color), and tocopherols (to preserve freshness). CONTAINS MILK INGREDIENTS.

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