POPPED.
NEVER FRIED.

MUNCH
CRUNCH
DIP

WITH OTHER NATURAL FLAVORS

14G WHOLE GRAINS PER SERVING

GLUTEN FREE

CHOLESTEROL FREE

NO COLORS FROM ARTIFICIAL SOURCES, ARTIFICIAL FLAVORS, HIGH FRUCTOSE CORN SYRUP

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TANGY BARBECUE

0 30000 57557 4

UPC/PURCHASE SEAL

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QUAKER®
-ESTD 1877-

RICE CHIPS

POPPED. NEVER FRIED.

TANGY BARBECUE

FLAVOR WITH OTHER NATURAL FLAVORS

14G WHOLE GRAINS PER SERVING

GLUTEN FREE

NO ARTIFICIAL FLAVORS
NO COLORS FROM ARTIFICIAL SOURCES

Per serving

120 CALORIES	0g SAT FAT 0% DV	160mg SODIUM 7% DV	1g ADDED SUGARS 3% DV

NET WT 2.5 OZ (71 g)

Nutrition Facts

About 2.5 servings per container
Serving size **About 16 pieces (28g)**

	Per serving		Per package	
Calories	**120**		**320**	
		% DV*		% DV*
Total Fat	4g	**5%**	11g	**14%**
Saturated Fat	0g	**0%**	1g	**5%**
Trans Fat	0g		0g	
Polyunsaturated Fat	1.5g		3.5g	
Monounsaturated Fat	2.5g		6g	
Cholesterol	0mg	**0%**	0mg	**0%**
Sodium	160mg	**7%**	400mg	**17%**
Total Carb.	20g	**7%**	52g	**19%**
Dietary Fiber	1g	**4%**	3g	**10%**
Total Sugars	2g		5g	
Incl. Added Sugars	1g	**3%**	3g	**7%**
Protein	2g		5g	
Vitamin D	0mcg	0%	0.1mcg	0%
Calcium	10mg	0%	20mg	0%
Iron	0.6mg	2%	1.4mg	6%
Potassium	130mg	2%	320mg	6%

* 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, CORN MALTODEXTRIN, DEXTROSE, NATURAL FLAVOR (CONTAINS MILK), SALT, CARMELIZED SUGAR, TORULA YEAST, PAPRIKA EXTRACT (COLOR), MOLASSES, ONION POWDER, POTASSIUM SALT, DRIED TOMATO, SPICES, GARLIC POWDER, CORN STARCH, YEAST EXTRACT, TOCOPHEROLS (TO PRESERVE FRESHNESS).

CONTAINS MILK INGREDIENTS.

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CHICAGO, IL 60604-9003 U.S.A.
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We're here to help.
Quakeroats.com or 800.856.5781
Please have package available when calling.

DO NOT HEAT IN TOASTER OR MICROWAVE.

50%+ WHOLE GRAIN
14g or more per serving
WholeGrainsCouncil.org
50% OR MORE OF THE GRAIN IS WHOLE GRAIN

BEST BEFORE: