POPPED. NEVER FRIED.

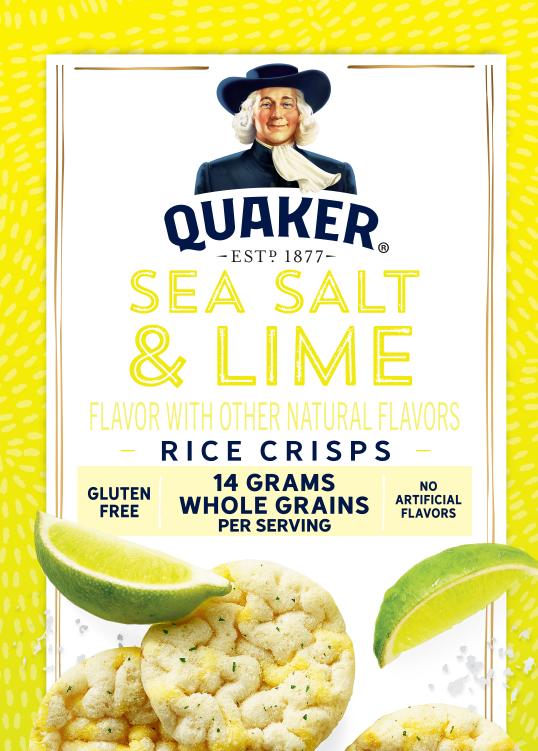
- 14g WHOLE GRAINS PER SERVING
- Sow or More of GRAIN

 149 or more per serving

 50% OR MORE OF GRAIN IS WHOLE GRAI
- NO ARTIFICIAL PRESERVATIVES OR FLAVORS
 GLUTEN FREE
- NO HIGH FRUCTOSE CORN SYRUP
- LOW CHOLESTEROL
- NO ADDED COLORS







NET WT 6.06 OZ (172 g)



Amount per serving	
Calories 1	<u> 30</u>
% Daily	Value
Total Fat 4.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2.5g	
Cholesterol 0mg	09
Sodium 250mg	119
Total Carbohydrate 21g	79
Dietary Fiber 1g	49
Total Sugars 1g	
Includes less than 1g Added Sugars	s 19
Protein 2g	
Vitamin D 0mcg	09
Calcium 10mg	09
	29
Iron 0.4mg	

INGREDIENTS: Whole grain brown rice flour, corn grits, vegetable oil (canola and/or sunflower oil), corn maltodextrin, whey, sugar, sea salt, corn syrup solids, vinegar solids, salt, yeast extract, sour cream (cream, nonfat milk, cultures), lime juice concentrate, dried parsley, onion powder, garlic powder, tocophrains milk ingredients.

CONTAINS MILK INGREDIENTS.

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