

POPPED. NEVER FRIED.

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



FULL OF FLAVOR. FULL OF CRUNCH.\*\*

MADE WITH CORN & WHOLE GRAIN BROWN RICE

ZESTY, REFRESHING FLAVOR



DO NOT HEAT IN TOASTER OR MICROWAVE.



PER SERVING			
130 CALORIES	0g SAT FAT 0% DV	250mg SODIUM 11% DV	<1g ADDED SUGARS 1% DV

ENLARGED IMAGE

NET WT 6.06 OZ (172 g)

 QUAKER® -ESTD 1877-	
<b>Nutrition Facts</b>	
About 6 servings per container	
Serving size About 16 pieces (28g)	
Amount per serving	
<b>Calories</b>	<b>130</b>
	% Daily Value*
<b>Total Fat</b> 4.5g	<b>5%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2.5g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 250mg	<b>11%</b>
<b>Total Carbohydrate</b> 21g	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 1g	
Includes less than 1g Added Sugars	<b>1%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.4mg	2%
Potassium 70mg	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), 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, tocopherols (to preserve freshness), natural flavor.

**CONTAINS MILK INGREDIENTS.**

DISTRIBUTED BY:  
THE QUAKER OATS COMPANY  
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