

QUICK CHEESE GRITS
2 1/4 cups water
1/2 cup QUAKER® Grits
4 ounces pasteurized process cheese spread, cubed
Dash garlic powder (optional)
Paprika

In a saucepan slowly stir grits into boiling water. Reduce heat to medium-low; cover. Cook 12-14 minutes or until thickened, stirring occasionally. Add cheese and garlic powder; continue cooking until cheese melts, about 2-3 minutes. Sprinkle with paprika. **4 SERVINGS**

For more recipe ideas visit: quakeroats.com



We're here to help.
Quakeroats.com or 800.694.7487
Please have package available when calling.

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COOKING INSTRUCTIONS

SERVINGS	1	4	6
GRITS	1/4 cup	1 cup	1 1/2 cup
WATER	1 cup	4 cups	6 cups
SALT (optional)	dash	1/4 tsp.	1/2 tsp.

STOVE TOP
1. Slowly stir grits and salt into briskly boiling water.
2. Reduce heat to low; cover. Cook 15 to 20 minutes or until thickened, stirring occasionally. Remove from heat.

MICROWAVE (1 Serving)
1. Combine water, grits and salt in 2 cup microwave-safe bowl; stir.
2. Microwave on MEDIUM (50% power) 7 to 10 minutes or until thickened when stirred.

TIP: For thicker grits decrease water; for thinner grits increase water.

QUICK AND EASY!

SAFE HANDLING INSTRUCTIONS:

This is made with raw corn, so it is not ready-to-eat and must be thoroughly cooked before eating to prevent illness. Do not eat or play with raw product; wash hands, utensils, and surfaces after handling.

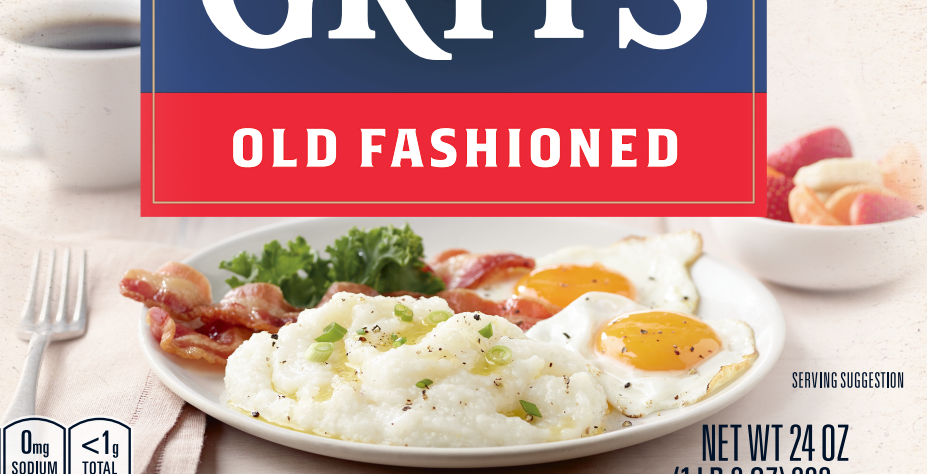
BEST BEFORE DATE BELOW



GRITS

OLD FASHIONED

per serving



SERVING SUGGESTION

NET WT 24 OZ
(1 LB 8 OZ) 680 g

Nutrition Facts

About 17 servings per container

Serving size 1/4 cup (41g)

Amount per serving
Calories 140

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 32g **12%**

Dietary Fiber 2g **7%**

Total Sugars less than 1g

Includes 0g Added Sugars **0%**

Protein 3g

Vitamin D 0mcg **0%** • Calcium 0mg **0%**

Iron 1.9mg **10%** • Potassium 60mg **0%**

Thiamin 0.2mg **15%** • Riboflavin 0.1mg **8%**

Niacin 1.6mg **10%** • Folate 100mcg DFE **25%**

(61mcg folic acid)

* 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.

DELICIOUS ANYTIME.

Our grits make a great addition to any meal! Enjoy one of our many delicious flavors, or mix things up and try adding your own grits topper your family will love - from savory butter, shredded cheese, green onions, or shrimp, to sweet cream, honey or sugar.

Tiny dark specks occasionally found in our grits are naturally occurring in the corn we use in this product and do not affect the taste or texture.



Scan here for more food information or call 1-800-694-7487

INGREDIENTS: Degerminated white corn grits, niacinamide*, reduced iron, thiamin mononitrate*, riboflavin*, folic acid*.

*One of the B vitamins

DISTRIBUTED BY:

THE QUAKER OATS COMPANY

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60604-9003 U.S.A.