



HOT WATER DIRECTIONS

1. Empty packet into bowl.
2. Add 1/2 cup boiling water, stir.

MICROWAVE DIRECTIONS

1. Empty packet into 2 cup microwave-safe bowl.
2. Add 1/2 cup water or milk, stir.
3. Microwave on HIGH 1 minute to 1 minute 15 seconds; stir.

Microwave ovens vary in power, cooking times may need to be adjusted. For thicker grits, decrease liquid; for thinner grits increase liquid.

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.

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



INSTANT GRITS CHEESE LOVERS

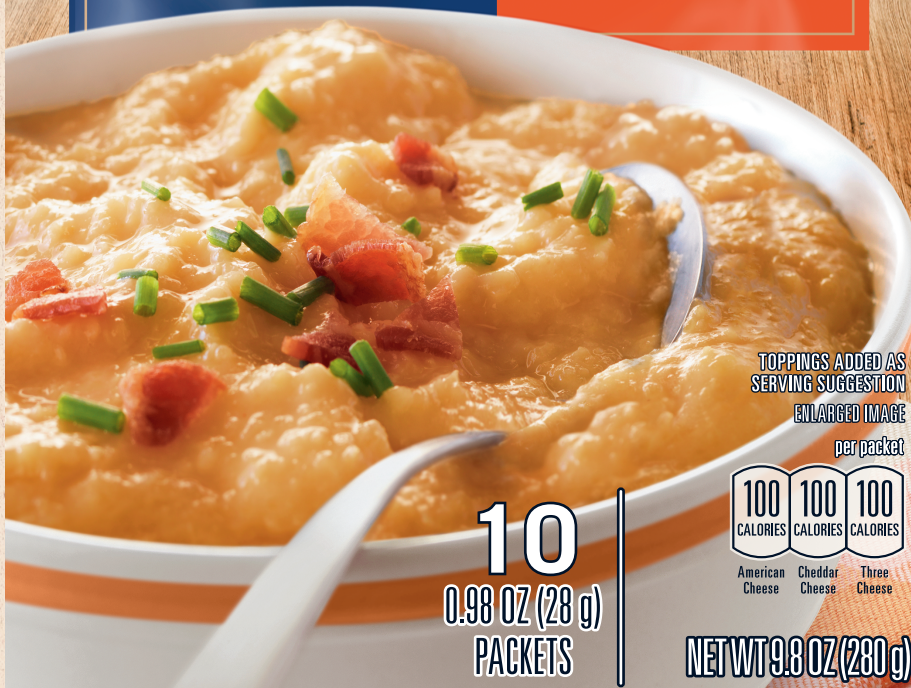
AMERICAN CHEESE FLAVOR NATURALLY & ARTIFICIALLY FLAVORED	3 PACKETS
CHEDDAR CHEESE FLAVOR NATURALLY & ARTIFICIALLY FLAVORED	4 PACKETS
THREE CHEESE FLAVOR NATURALLY & ARTIFICIALLY FLAVORED	3 PACKETS

SAME
DELICIOUS
TASTE
READY IN
2 MINS



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TOPPINGS ADDED AS
SERVING SUGGESTION

ENLARGED IMAGE

per packet

100 CALORIES	100 CALORIES	100 CALORIES
American Cheese	Cheddar Cheese	Three Cheese

NET WT 9.8 OZ (280 g)



INSTANT GRITS CHEESE LOVERS

BEST
IF USED
BEFORE



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.

SIMPLY THE BEST QUALITY

Quaker has set the standard in Grits for over 100 years. Only Quaker® Instant Grits can help your family continue the tradition with easy to prepare, smooth and creamy Grits.

For more recipe ideas visit:
quakeroats.com



GIVE THEM THE FLAVORS THEY LOVE.

Cheesy, original, butter or spicy - Quaker® Instant Grits has the perfect taste for every occasion.

Nutrition Facts			
Servings per container			
Serving size 1 packet			
Amount per serving			
Calories			
% Daily Value*			
Total Fat	1g	1%	1g
Saturated Fat	0.5g	3%	0.5g
Trans Fat	0g		0g
Polyunsaturated Fat	0g		0g
Monounsaturated Fat	0g		0g
Cholesterol	0mg	0%	0mg
Sodium	430mg	19%	470mg
Total Carbohydrate	21g	8%	21g
Dietary Fiber	1g	4%	1g
Total Sugars	0g		0g
Includes Added Sugars	0g	0%	0g
Protein	2g		3g
*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.			
Vitamin D	0mcg	0%	0mcg
Calcium	110mg	8%	120mg
Iron	8.1mg	45%	11.5mg
Potassium	40mg	0%	50mg
Thiamin	0.2mg	15%	0.18mg
Riboflavin	0.4mg	30%	0.65mg
Niacin	1.6mg	10%	1.6mg
Folate DFE	60mcg	15%	60mcg
Folic Acid	(38mcg)		(36mcg)

AMERICAN CHEESE INGREDIENTS: Degerminated white corn grits, salt, palm oil, corn syrup solids, calcium carbonate, coconut oil, maltodextrin, natural flavor, modified food starch, whey, cheddar cheese (milk, cultures, salt, enzymes), yeast extract, annatto and turmeric (color), hydrolyzed corn gluten, monosodium glutamate, sodium phosphate, sodium caseinate, lactic acid, disodium inosinate and disodium guanylate, reduced iron, mono and diglycerides, potassium phosphate, tocopherols (to preserve freshness), niacinamide*, BHT and citric acid (to preserve freshness), riboflavin (nutrient and color)*, thiamin mononitrate*, folic acid*.

21306-L04-8

CONTAINS MILK INGREDIENTS.

CHEDDAR CHEESE INGREDIENTS: Degerminated white corn grits, salt, coconut oil, corn syrup solids, palm oil, calcium carbonate, natural and artificial flavor, maltodextrin, modified food starch, whey, cheddar cheese (milk, cultures, salt, enzymes), yeast extract, annatto and turmeric (color), hydrolyzed corn gluten, monosodium glutamate, sodium phosphate, lactic acid, disodium inosinate and disodium guanylate, sodium caseinate, reduced iron, mono and diglycerides, potassium phosphate, tocopherols (to preserve freshness), niacinamide*, BHT and citric acid (to preserve freshness), riboflavin (nutrient and color)*, thiamin mononitrate*, folic acid*.

396-L04-23

CONTAINS MILK INGREDIENTS.

THREE CHEESE INGREDIENTS: Degerminated white corn grits, whey, salt, romano/cheddar/parmesan cheeses (milk, cultures, salt, enzymes), palm oil, calcium carbonate, buttermilk, corn syrup solids, sodium phosphate, natural flavor, sodium caseinate, annatto (color), lactic acid, reduced iron, mono and diglycerides, potassium phosphate, tocopherols (to preserve freshness), niacinamide*, BHT and citric acid (to preserve freshness), thiamin mononitrate*, riboflavin*, folic acid*.

21313-L04-4

CONTAINS MILK INGREDIENTS.



DISTRIBUTED BY: THE QUAKER OATS COMPANY
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CHEESE LOVERS

Remove flap along perforation on the back of box for a convenient pantry pack

LIFT TAB TO OPEN

TO CLOSE - INSERT TAB

Please note:
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.



For special offers, information & to join the conversation, visit:
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Facebook.com/Quaker
or @Quaker

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