

Pearl Milling Company™
QUICK
GRITS

Cooks in about 5 minutes.

MICROWAVE*	
Servings	1
WATER	1 cup
GRITS	1/4 cup
SALT (OPTIONAL)	dash

- For 1 serving, combine water, grits and salt in 2 cup microwaveable bowl; stir.
- Microwave at HIGH 3 to 4 minutes or until thickened when stirred.

*Microwave ovens vary in power; cooking time may need to be adjusted.

STOVETOP			
Servings	1	4	6
WATER	1 cup	4 cups	6 cups
GRITS	1/4 cup	1 cup	1 1/2 cups
SALT (OPTIONAL)	dash	1/4 tsp.	1/2 tsp.

- Slowly stir grits and salt into briskly boiling water.
- Reduce heat to medium low, cover. Cook 5 to 7 minutes or until thickened, stirring occasionally. Remove from heat.

Serve with any of the following: margarine, butter, cheese, red-eye gravy or as a hot cereal with milk and sugar.
Tip: For thicker grits, decrease water; for thinner grits increase water.

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

UPC / PURCHASE SEAL



PINC QUICK GRITS-36.8oz

SMOOTH & CREAMY TEXTURE



Pearl Milling Company™
QUICK
GRITS

ENRICHED WHITE HOMINY



NET WT 36.8 OZ (2 LB 4 OZ) 1.04 kg

130 CALORIES
0g SAT FAT 0% DV
0mg SODIUM 0% DV
<1g TOTAL SUGARS

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NET WT 36.8 OZ (2 LB 4 OZ) 1.04 kg

Nutrition Facts

About 28 servings per container
Serving size 1/4 cup (37g)

Amount per serving
Calories 130

	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 29g	11%
Dietary Fiber 2g	6%
Total Sugars less than 1g	
Includes 0g Added Sugars	0%
Protein 3g	

Vitamin D 0mcg 0%	Calcium 0mg 0%
Iron 1.7mg 8%	Potassium 50mg 0%
Thiamin 0.2mg 15%	Riboflavin 0.1mg 8%
Niacin 1.6mg 10%	Folate 97mcg DFE 24% (57mcg 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.

INGREDIENTS: Degerminated white corn grits, niacinamide*, reduced iron, thiamin mononitrate*, riboflavin*, folic acid*. (408-2-104-17)
*One of the B vitamins

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Pearl Milling Company™

QUICK
GRITS

Baked Cheese Grits

4 to 6 SERVINGS

This simple, cheesy side dish is wonderful with baked ham, oven-fried chicken and brunch-time eggs – and garlic gives it added zip!

3 cups water	1 cup (4 oz.) shredded cheddar cheese
3/4 cup Pearl Milling Company™ Quick Grits, uncooked	2 tablespoons margarine
1/4 teaspoon salt (optional)	1/8 teaspoon garlic powder (optional)
1 egg, beaten	Dash red pepper sauce or ground red pepper (optional)

Heat oven to 350°F. Grease 1-1/2-qt. casserole or baking dish. Prepare grits according to package directions. Add small amount of grits to beaten egg. Return grits mixture to pan. Add remaining ingredients. Cook over low heat an additional minute or until cheese is melted. Pour into prepared casserole; bake 30 to 40 minutes, or until top is set and lightly puffed. Let stand 5 minutes before serving.

Grits with Red-Eye Gravy

6 SERVINGS

Red-Eye gravy, made from country ham, served over grits is an old time Southern favorite.

Prepare 6 servings of grits as package directs. In skillet, cook country ham slices until browned. Remove from skillet. Drain fat, reserving 2 teaspoons in skillet. Add 1/2 cup brewed coffee or water to reserved fat. Cook over medium heat 2 to 3 minutes, stirring in ham drippings from bottom of skillet. Spoon over hot cooked grits serve with ham slices.

Fried Grits

6 SERVINGS

Chill leftover grits overnight; then slice, cook until golden brown and serve with Pearl Milling Company™ Syrup for a traditional Southern breakfast.

Prepare 6 servings of grits as package directs. Pour into 8x4 or 9x5-inch loaf pan. Cover; refrigerate several hours or overnight. Unmold; cut into 1/2-inch slices. In small amount of margarine or drippings, fry grits over medium-high heat about 10 minutes per side, or until golden brown. Serve with your favorite Pearl Milling Company™ Syrup.

PLEASE NOTE: Tiny dark specks which are natural to corn are occasionally found in this product. They are not harmful in any way, and will not affect the taste or texture of this product.

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 from bacteria in the corn. Do not eat or play with raw product; wash hands, utensils, and surfaces after handling.

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