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QUAKER®
–ESTD 1877–

Nutrition Facts

About 14 servings per container

Serving size	**1 cake (13g)**
Amount per serving	
Calories	**50**
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 11g	**4%**
Dietary Fiber 0g	**0%**
Total Sugars 3g	
Includes 3g Added Sugars	**6%**
Protein less than 1g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.2mg	0%
Potassium 30mg	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, sugar, fructose, maltodextrin, natural flavor, cinnamon, soy lecithin.

CONTAINS SOY INGREDIENTS.

DISTRIBUTED BY:
THE QUAKER OATS COMPANY
P.O. BOX 049003
CHICAGO, IL 60604-9003
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Visit us at QuakerOats.com

- 9g WHOLE GRAINS PER CAKE
- NO HIGH FRUCTOSE CORN SYRUP, ARTIFICIAL FLAVORS OR ADDED COLORS
- GLUTEN FREE
- MADE WITH BROWN RICE
- LOW CHOLESTEROL

TRY TOPPED WITH FRESH SPREADS!

YOGURT, DRIED CRANBERRIES & PECANS

Serving Suggestion

DO NOT HEAT IN TOASTER OR MICROWAVE.

WE'RE HERE TO HELP.
Quakeroats.com or 800.856.5781
Please have package available when calling.

BEST BEFORE:

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QUAKER®
–ESTD 1877–

APPLE CINNAMON

FLAVOR WITH OTHER NATURAL FLAVORS

– RICE CAKES –

PER SERVING

50	0g	0mg	3g
CALORIES	SAT FAT	SODIUM	ADDED SUGARS
	0% DV	0% DV	6% DV

NET WT 6.53 OZ (185 g)

QUAKER®
–ESTD 1877–

APPLE CINNAMON

FLAVOR WITH OTHER NATURAL FLAVORS

– RICE CAKES –

GLUTEN FREE | 100% WHOLE GRAINS & OTHER DELICIOUS INGREDIENTS | NO HIGH FRUCTOSE CORN SYRUP

50 CALORIES per rice cake

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