



QUAKER
- ESTD 1877 -

WHITE CHEDDAR

FLAVOR WITH OTHER NATURAL FLAVORS

— RICE CAKES —

GLUTEN FREE

5 GRAMS
WHOLE GRAINS
PER CAKE

NO
ARTIFICIAL
FLAVORS



Enlarged Image

PER SERVING

60
CALORIES

0g
SAT FAT
0% DV

70mg
SODIUM
3% DV

0g
ADDED SUGARS
0% DV

NET WT 5.50 OZ (156 g)



QUAKER
- ESTD 1877 -

WHITE CHEDDAR

FLAVOR WITH OTHER NATURAL FLAVORS

— RICE CAKES —

0 30000 16909 4

32641690932

30062176

9400068-LSB000009084V1-21

BEST BEFORE:

DO NOT HEAT IN TOASTER OR MICROWAVE.

WE'RE HERE TO HELP.

QuakerOats.com or 800.856.5781

Please have package available when calling.



QUAKER
- ESTD 1877 -

Nutrition Facts

About 14 servings per container
Serving size 1 cake (12g)

Amount per serving	Calories
Total Fat 2g	60
Saturated Fat 0g	0%
Trans Fat 0g	0%
Monounsaturated Fat 0.5g	
Polyunsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	1%
Total Sugars less than 1g	
Includes 0g Added Sugars	0%
Protein less than 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.1mg	0%
Potassium 40mg	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, corn ghy, vegetable oil (canola and/or sunflower oil), whey, and less than 2% of buttermilk, corn syrup, cheddar cheese (milk, cultures, salt, enzymes), salt, corn maltodextrin, natural flavors, modified food starch, yeast extract, potassium salt, calcium lactate, and mixed tocopherols (to preserve freshness).

CONTAINS MILK INGREDIENTS.

DISTRIBUTED BY:
THE QUAKER OATS COMPANY
P.O. BOX 049003
CHICAGO, IL 60604-9003
©2024 The Quaker Oats Company
Visit us at QuakerOats.com

TRY TOPPED WITH DELICIOUS SPREADS!

AVOCADO & CORN SALSA
Serving Suggestion



5g WHOLE GRAINS PER CAKE

GLUTEN FREE

NO ARTIFICIAL FLAVORS

60 CALORIES PER CAKE

smartlabel

Scan here for more food information or call 1-800-856-5781