

POPPED.
NEVER FRIED.



ENLARGED
IMAGE

14g
WHOLE GRAINS
PER SERVING

NO
COLORS FROM
ARTIFICIAL SOURCES,
ARTIFICIAL FLAVORS,
HIGH FRUCTOSE
CORN SYRUP

GLUTEN FREE
CHOLESTEROL FREE



**RICE
CHIPS**

POPPED. NEVER FRIED.

**FARMHOUSE
CHEDDAR**
FLAVOR WITH OTHER NATURAL FLAVORS

14g
WHOLE GRAINS
PER SERVING

GLUTEN FREE
NO ARTIFICIAL FLAVORS
NO COLORS FROM
ARTIFICIAL SOURCES

PER SERVING

130
CALORIES

0.5g
SAT FAT
3% DV

180mg
SODIUM
8% DV

1g
TOTAL
SUGARS

ENLARGED
IMAGE

NET WT 5.5 OZ (156 g)

Nutrition Facts

About 6 servings per container
Serving size About 16 pieces (28g)

Amount per serving
Calories 130

	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 2.5g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 19g	7%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 0.4mg	2%
Potassium 140mg	2%

*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 flour, corn grits, sunflower oil, whey, corn maltodextrin, buttermilk powder, cheddar cheese (cultured milk, salt, enzymes), salt, nonfat dry milk, natural flavor, potassium salt, yeast extract, onion powder, sour cream (cream, nonfat milk, cultures), dried cream, paprika extract (color), tocopherols (to preserve freshness).

CONTAINS MILK INGREDIENTS.

DISTRIBUTED BY:
THE QUAKER OATS COMPANY
P.O. BOX 48000
CHICAGO, IL 60644-0000 U.S.A.
©2022 The Quaker Oats Company

We're here to help.
QuakerOats.com or 800.856.5781
Please have package available when calling.
DO NOT HEAT IN TOASTER OR MICROWAVE.

BEST BEFORE:

