



**QUAKER® INSTANT GRITS ORIGINAL - 1 OZ. PACKETS**

**Claims**

**ALLERGENS**  
Not Containing Milk

**PRODUCT CLAIMS**  
Kosher

**Ingredients**

Degerminated white corn grits, salt, calcium carbonate, reduce iron, niacinamide\*, BHT and citric acid (to preserve freshness), thiamin mononitrate\*, riboflavin\*, folic acid\*.

**Product Specs**

CASE UPC: 10030000047603  
KOSHER STATUS: Kosher Pareve  
PACKAGE UPC: 030000047606  
CASE PACK: 12/121 oz. boxes - 12 packets/box  
WEIGHT OF GRAIN: "N/A"  
MEETS USDA WHOLE GRAIN-RICH CRITERIA: No

**Nutritional Facts**

Servings Per Container: 12  
Serving Size: 1 packet (28g)  
Calories: 100

Nutrient Type	Packaged: Value(Quantity Contained)	Packaged: Value(% Daily Value)
<b>Total Fat:</b>	.5g	1%
<b>Saturated Fat:</b>	0g	0%
<b>Trans Fat:</b>	0g	0%
<b>Polyunsaturated Fat:</b>	.5	
<b>Monounsaturated Fat:</b>	0g	
<b>Cholesterol:</b>	0mg	0%
<b>Sodium:</b>	310mg	14%
<b>Total Carbohydrate:</b>	22g	8%
<b>Dietary Fiber:</b>	1g	5%
<b>Total Sugars:</b>	0g	
<b>Includes 0g Added Sugars:</b>	0g	0%
<b>Protein:</b>	2g	
<b>Vitamin D:</b>	0mcg	0%
<b>Calcium:</b>	130mg	8%
<b>Iron:</b>	8.4mg	45%
<b>Potassium:</b>	40mg	0%
<b>Thiamine:</b>	.2mg	15%
<b>Riboflavin:</b>	.1mg	10%
<b>Niacin:</b>	1.6mg	10%
<b>Folic Acid:</b>	36mcg	15%

