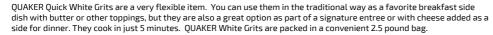


Quaker Food And Beverages 206213 - Grits Quick Cook Enriched 4190





GR	Serving Si	Nutrition Facts Serving Size: 37 Gram Number of Servings per 31							
******	A AGUIT	Amount Pe	Amount Per Serving						
-	han lan ng han han han han han han han han	Calories: 1	30 (Calories from	Fat: 5				
* Anticipa • Maria da • Maria da				%	Daily Value*				
		Total Fat).5 g		19				
To and a second se	Andrease an Altering a Andrease	Saturate	ed Fat 0 g		0%				
E cana pa	Trans F	at 0 g							
20 ⁻¹	Cholestero	1		9					
	Mar A Mangalan Ang Anang Ang Ang Ang Ang Ang	Sodium 0	mg		09				
		Total Carb	ohydrate 29 g		109				
★ Benefits		Dietary	Fiber 2 g		79				
-		Sugars			9				
		Protein 3	5		9				
	Vitamin A	Per Srv Vitamin A %							
	•	Calcium	%	Iron	8%				
Ingredients	Allergens	*Percent Dail values may b	Walues are based of higher or lower de	on a 2,000 calor pending on your	ie diet.Your daily calorie				
			Calories	2,000	2,500				
Vhite Hominy Grits Made from Corn, Niacin (One of the B Vitamins), Reduced		Total Fat	Less than						
Iron, Thiamin Mononitrate (One of the B		Sat. F	at Less than						
Vitamins), Riboflavin (One of the B		Cholester							
Vitamins), Folic Acid (One of the B Vitamins).		Sodium	Less than						
vitarinits).		Total Carl	ry Fiber						
			-						
		Calories per g Fat	ram Carbohydrate		Protein				
		1 at	Carbonyulate		FIOIBIL				

Handling Suggestions

All products are code dated with expiration date. Rotate product to insure fresh products. Destroy out of code products. Store out of direct sunlight at room temperature.

Serving Suggestions

Prep & Cooking Suggestions

1 Serving: 1 cup water, 1/4 grits, dash salt (optional); 6 Servings: 4 cups water, 1 cup grits, 1/2 tsp salt (optional). 1. Slowly stir grits and salt into briskly BOILING water. 2. Reduce heat to medium-low; cover. Cook 5 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.

Product Specifications

Brand			Manufacturer				Product Category				
PEPSICO/QUAKER			Quaker Food And Beverages			Hot Cereal & Oatmeal					
MFG #	ŧ	SI	PC #		GTIN			Pack		Pack Desc.	
04190		20	6213	1	003000004	1908				12 x 2.5 LB / CS	
Gross We	ight	Net W	/eight	Cat	ch Weight	Coun	try o	f Origi	n K	Cosher	Child Nutrition
33 lb		30	LB	No			USA		Yes		
Shipping Information											
Length	Wi	idth	Heigl	ht	Volume	Tix	HI	Shelf	Life	ife Storage Temp From/To	
12.5 in	12.	75 in	8.5 i	n	0.78 FT3	12:	x5	270 D	AYS	35°f / 85°f	





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QUAKER Quick White Grits are a very flexible item. You can use them in the traditional way as a favorite breakfast side dish with butter or other toppings, but they are also a great option as part of a signature entree or with cheese added as a side for dinner. They cook in just 5 minutes. QUAKER White Grits are packed in a convenient 2.5 pound bag.

Nutrition Analysis

Calories	130 kcal	Total Fat	0.5 g	Sodium	0 mg
Protein	3	Trans Fats	0 g	Calcium	
Total Carbohydrates…	29 g	Saturated Fat	0 g	Iron	
Sugars		Polyunsaturated Fat	0 g	Potassium	
Dietary Fiber		Monounsaturated Fat	0 g	Zinc	
Lactose		Cholesterol•		Phosphorus	
Sucrose					
Vitamin A(IU)•		Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images



