



Quaker Food And Beverages

206213 - Grits Quick Cook Enriched 4190

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 Facts

Serving Size: 37 Gram

Number of Servings per 31

Amount Per Serving

Calories: 130

Calories from Fat: 5

% Daily Value*

Total Fat 0.5 g 1%

Saturated Fat 0 g 0%

Trans Fat 0 g

Cholesterol %

Sodium 0 mg 0%

Total Carbohydrate 29 g 10%

Dietary Fiber 2 g 7%

Sugars %

Protein 3 g %

Vitamin A Per Srv % **Vitamin C** Per Srv %

Calcium % **Iron** 8%

*Percent DailyValues are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie

	Calories	2,000	2,500
Total Fat	Less than		
Sat. Fat	Less than		
Cholesterol	Less than		
Sodium	Less than		
Total Carbohydrate			
Dietary Fiber			
Calories per gram			
Fat	Carbohydrate		Protein

* Benefits

Ingredients

White Hominy Grits Made from Corn, Niacin (One of the B Vitamins), Reduced Iron, Thiamin Mononitrate (One of the B Vitamins), Riboflavin (One of the B Vitamins), Folic Acid (One of the B Vitamins).

⚠ Allergens

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 #	SPC #	GTIN	Pack	Pack Desc.
04190	206213	10030000041908		12 x 2.5 LB / CS

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
33 lb	30 LB	No	USA	Yes	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
12.5 in	12.75 in	8.5 in	0.78 FT3	12x5	270 DAYS	35°f / 85°f



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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-12	
Monosodium		Sulphites		Nitrates	

Additional Images



INGREDIENTS: Degerminated white corn grits, niacinamide*, reduced iron, thiamin mononitrate*, riboflavin*, folic acid*.
*One of the B vitamins.

