



Nutrition Information

Grits | Creamy Wheat



Nutrition Information

Quaker - Quick 5-Minute Grits - Bag



Quaker Quick Grits
8 / 5lb Bags

UPC: 030000043707



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

Nutrition Facts

Serving Size 1/4 Cup (37g)

Amount Per Serving

Calories 130

		% Daily Value *
Total Fat	0.5 g	1%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Polyunsaturated Fat	0.5 g	
Monounsaturated Fat	0 g	
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Total Carbohydrate	29 g	11%
Dietary Fiber	2 g	6%
Total Sugars	< 1 g	
Includes Added Sugars	0 g	0%
Protein	3 g	
Vitamin D	0 mcg	0%
Calcium	0 mg	0%
Iron	1.7 mg	8%
Potassium	50 mg	0%
Thiamin	0.2 mg	15%
Riboflavin	0.1 mg	8%
Niacin	1.6 mg	10%
Folate DFE	97 mcg	24%
Folic Acid	57 mcg	

Nutrition Information

Quaker - Quick 5-Minute Grits - Canister



Quaker Quick Grits
12 / 24oz Tubes

UPC: 030000041703



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

Nutrition Facts

Serving Size 1/4 Cup (37g)

Amount Per Serving

Calories **130**

		% Daily Value *
Total Fat	0.5 g	1%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Total Carbohydrate	29 g	11%
Dietary Fiber	2 g	6%
Total Sugars	< 1 g	
Includes Added Sugars	0 g	0%
Protein	3 g	
Vitamin D	0 mcg	0%
Calcium	0 mg	0%
Iron	1.7 mg	8%
Potassium	50 mg	0%
Thiamin	0.2 mg	15%
Riboflavin	0.1 mg	8%
Niacin	1.6 mg	10%
Folate DFE	97 mcg	24%
Folic Acid	57 mcg	

Nutrition Information

Quaker - Quick 5-Minute Grits - Box



Quaker Quick Grits
40oz Box

UPC: 030000041901



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

Nutrition Facts

Serving Size 1/4 Cup (37g)

Amount Per Serving

Calories **130**

		% Daily Value *
Total Fat	0.5 g	1%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Polyunsaturated Fat	0.5 g	
Monounsaturated Fat	0 g	
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Total Carbohydrate	29 g	11%
Dietary Fiber	2 g	6%
Total Sugars	< 1 g	
Includes Added Sugars	0 g	0%
Protein	3 g	
Vitamin D	0 mcg	0%
Calcium	0 mg	0%
Iron	1.7 mg	8%
Potassium	50 mg	0%
Thiamin	0.2 mg	15%
Riboflavin	0.1 mg	8%
Niacin	1.6 mg	10%
Folate DFE	97 mcg	24%
Folic Acid	57 mcg	

Nutrition Information

Quaker - Instant Grits



Quaker Instant Grits
1 / 36oz Box

UPC: 030000041307



INGREDIENTS: Degerminated white corn grits, salt, calcium carbonate, reduced iron, niacinamide*, bht and citric acid (to preserve freshness), thiamin mononitrate*, riboflavin*, folic acid*. *One of the B vitamins.

Nutrition Facts

Serving Size 1/2 Cup (42g)

Amount Per Serving

Calories **140**

		% Daily Value *
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Polyunsaturated Fat	0 g	
Monounsaturated Fat	0 g	
Cholesterol	0 mg	0%
Sodium	470 mg	20%
Total Carbohydrate	33 g	12%
Dietary Fiber	2 g	7%
Total Sugars	0 g	
Includes Added Sugars	0 g	0%
Protein	4 g	
Vitamin D	0 mcg	0%
Calcium	190 mg	10%
Iron	19.4 mg	100%
Potassium	60 mg	0%
Thiamin	0.3 mg	25%
Riboflavin	0.26 mg	20%
Niacin	3.2 mg	20%
Folate DFE	100 mcg	25%
Folic Acid	60 mcg	

Nutrition Information

Quaker - Quick Creamy Wheat



Quaker Quick Creamy Wheat
1 / 36oz Box

UPC: 030000433003



INGREDIENTS: Farina, wheat, reduced iron, niacinamide*, thiamin mononitrate*, ribloflavin*, folic acid*. *One of the B vitamins.

Nutrition Facts

Serving Size 1/4 Cup (44g)

Amount Per Serving

Calories 160

		% Daily Value *
Total Fat	0.5 g	1%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Polyunsaturated Fat	0 g	
Monounsaturated Fat	0.5 g	
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Total Carbohydrate	34 g	12%
Dietary Fiber	< 1 g	3%
Total Sugars	0 g	
Includes Added Sugars	0 g	0%
Protein	5 g	
Vitamin D	0 mcg	0%
Calcium	10 mg	0%
Iron	12.7 mg	70%
Potassium	40 mg	0%
Thiamin	0.19 mg	10%
Riboflavin	0.12 mg	10%
Niacin	1.55 mg	10%
Folate DFE	115 mcg	25%
Folic Acid	69 mcg	