



Quaker

17055000 - Quaker Grts 5 Min 288 Oz 12 Pk Cnr

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 5 - 7 minutes and are in a convenient 24 OZ package to reduce stales.



## Nutrition Facts

Servings per Container 17  
Serving size (41g)

Amount per serving  
**Calories 150**

% Daily Value*	
<b>Total Fat</b> 0.5g	<b>1%</b>
<b>Saturated Fat</b> 0g	<b>0%</b>
<b>Trans Fat</b> 0g	
<b>Cholesterol</b>	<b>%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 32g	<b>12%</b>
<b>Dietary Fiber</b> 1g	<b>4%</b>
<b>Total Sugars</b>	
<b>Includes Added Sugar</b>	<b>%</b>
<b>Protein</b> 4g	
<b>Vitamin D</b>	<b>%</b>
<b>Calcium</b>	<b>%</b>
<b>Iron</b>	<b>10%</b>
<b>Potassium</b>	<b>%</b>

\* 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.

### \* Benefits

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. Can be used as a healthy and tasty ingredient to many recipes  
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### 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

Grits are a very versatile item. They can be served as is or with a topping as a breakfast item. Can also be used as part of a main course for a signature dinner item

### Prep & Cooking Suggestions

Stove Top: 1 Serving: 1 cup water, 1/4 cup grits, dash salt (optional); 4 Servings: 3 cups water, 3/4 cup grits, 1/4 tsp 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. Tip: For thicker grits decrease water; for thinner grits increase water.

### ✎ Product Specifications

Brand	Manufacturer
Quaker	QTG

MFG #	SPC #	GTIN	Pack	Pack Desc.
04160	17055000	00030000041604		cs

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
20.7lb	18lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
16.5in	12.5in	6.31in	0.75ft3	10x7	270DAYS	35°F / 85°F



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Nutrition Analysis - By Serving

Calories	150	Total Fat	0.5g	Sodium	0mg
Protein	4	Trans Fats	0g	Calcium	
Total Carbohydrates...	32g	Saturated Fat	0g	Iron	
Sugars		Added Sugars		Potassium	
Dietary Fiber	1g	Polyunsaturated Fat	0g	Zinc	
Lactose		Monounsaturated Fat	0g	Phosphorus	
Sucrose		Cholesterol			
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

