



Nutrition Facts

Quaker - Instant Grits - Original (Individual Packet)

Servings:

Calories	100	Sodium	310 mg
Total Fat	0 g	Potassium	0 mg
Saturated	0 g	Total Carbs	22 g
Polyunsaturated	0 g	Dietary Fiber	1 g
Monounsaturated	0 g	Sugars	0 g
Trans	0 g	Protein	2 g
Cholesterol	0 mg		
Vitamin A	0%	Calcium	10%
Vitamin C	0%	Iron	45%