

Nutrition Facts

1 serving per container

Serving size 1 package (35g)

Amount per serving

Calories 190

% Daily Value*

Total Fat 12g 15%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 340mg 15%

Total Carbohydrate 19g 7%

Dietary Fiber 0g 0%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 3g

Vitamin D 0mcg 0%

Calcium 43mg 4%

Iron 0mg 0%

Potassium 90mg 2%

*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.

INGREDIENTS: CORNMEAL, SUNFLOWER OIL AND/OR CANOLA OIL AND/OR CORN OIL, RICE FLOUR, CHEDDAR CHEESE (CULTURED MILK, SALT, ENZYMES), WHEY, BUTTERMILK, SALT, NATURAL FLAVOR, SEA SALT, CITRIC ACID (FOR FLAVOR), BLACK PEPPER, LACTIC ACID (FOR FLAVOR). **CONTAINS MILK**