

# Nutrition Facts

1 serving per container

**Serving size**

**1 package**

**Amount per serving**

**Calories**

**120**

**% Daily Value\***

**Total Fat** 4.5g **6%**

Saturated Fat 1g **4%**

*Trans* Fat 0g

Polyunsaturated Fat 2g

Monounsaturated Fat 1.5g

**Cholesterol** 0mg **0%**

**Sodium** 200mg **9%**

**Total Carbohydrate** 16g **6%**

Dietary Fiber 1g **4%**

Total Sugars 1g

**Protein** 2g

Vit. D 0mcg 0% • Calcium 20mg 0%

Iron 0.4mg 2% • Potas. 70mg 0%

Not a significant source of added sugars.

\* 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:** WHOLE CORN MEAL, ENRICHED CORN MEAL (CORN MEAL, FERROUS SULFATE, NIACIN, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CORN, CANOLA, AND/OR SUNFLOWER OIL), WHEY, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), SALT, MALTODEXTRIN (MADE FROM CORN), NATURAL AND ARTIFICIAL FLAVORS, WHEY PROTEIN CONCENTRATE, MONOSODIUM GLUTAMATE, LACTIC ACID, CITRIC ACID, AND ARTIFICIAL COLOR (YELLOW 6).

**CONTAINS MILK INGREDIENTS.**