

Nutrition Facts

About 20 servings per container

Serving size 1/4 cup (31g)

Amount per serving

Calories 120

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 25g 9%

Dietary Fiber 3g 11%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 1mg 6%

Potassium 117mg 2%

*The % Daily Value 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.

INGREDIENT: Whole Grain Corn.