

Nutrition Facts	
Serving size	1 Box (23g)
Amount Per Serving	
Calories	80
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 19g	7%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 1g	2%
Vitamin D 1.6mcg	8%
Calcium 0mg	0%
Iron 6.3mg	35%
Potassium 0mg	0%
Thiamin	15%
Riboflavin	15%
Niacin	15%
Vitamin B6	15%
Folate 100mcg DFE (65mcg folic acid)	25%
Vitamin B12	15%
<small>* 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.</small>	

INGREDIENTS:

Milled corn, sugar, malt flavor, contains 2% or less of salt.