

Nutrition Facts

1 servings per container

Serving size 1 Container (21g)

Amount Per Serving

Calories 80

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 150mg 7%

Total Carbohydrate 18g 7%

Dietary Fiber 0g 0%

Total Sugars 2g

Includes 2g Added Sugars 4%

Protein 1g 2%

Vitamin D 1.2mcg 6%

Calcium 0mg 0%

Iron 5.4mg 30%

Potassium 0mg 0%

Thiamin 15%

Riboflavin 15%

Niacin 15%

Vitamin B6 15%

Folate 100mcg DFE 25%
(55mcg folic acid)

Vitamin B12 15%

*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:

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