

INGREDIENTS: WHITE CORN GRITS, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID.

NUTRITION

Nutrition Facts	
About 20 servings per container	
Serving size 1/4 cup (46g)	
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 38g	14%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	
Iron 1mg	8%
Thiamin 0.2mg	20%
Riboflavin 0.1mg	10%
Niacin 2mg	15%
Folate 120mcg DFE	30%
(79mcg folic acid)	
Not a significant source of dietary fiber, vitamin D, calcium and potassium.	
* 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.	