

Nutrition Facts	
Serving size	6 Tbsp (33g)
Amount Per Serving	
Calories	120
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 29g	11%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 3g Added Sugars	6%
Protein 3g	6%
Vitamin D 3mcg	15%
Calcium 0mg	0%
Iron 10.8mg	60%
Potassium 0mg	0%
Thiamin	30%
Riboflavin	30%
Niacin	30%
Folate 200mcg DFE (115mcg folic acid)	50%
Vitamin B12	30%
*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.