

Nutrition Facts

About 18 servings per container

Serving Size

Amount Per Serving

Calories **130**

% Daily Value *

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 29g **11%**

Dietary Fiber 2g **6%**

Total Sugars <1g

Includes 0g Added Sugars **0%**

Protein 3g

Vitamin D 0mcg 0% • Calcium 0mg 0%

Iron 1.7mg 8% • Potassium 50mg 0%

*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:

DEGERMINATED WHITE CORN GRITS,
NIACINAMIDE*, REDUCED IRON, THIAMIN
MONONITRATE*, RIBOFLAVIN*, FOLIC
ACID*.*ONE OF
THE B VITAMINS