

Nutrition Facts	
Serving size	1 Container (28g)
Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 25g	9%
Dietary Fiber 0g	0%
Total Sugars 9g	
Includes 9g Added Sugars	18%
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 80mcg DFE (50mcg folic acid)	20%
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.