

# Nutrition Facts

1 serving per container

**Serving size 1 package (28g)**

**Amount per serving**

**Calories 140**

**% Daily Value\***

**Total Fat** 6g **8%**

Saturated Fat 1g **5%**

*Trans Fat* 0g

**Cholesterol** <5mg **0%**

**Sodium** 200mg **9%**

**Total Carbohydrate** 19g **7%**

Dietary Fiber 0g **0%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

**Protein** 3g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 0.2mg 0%

Potassium 65mg 2%

\*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.

## INGREDIENTS:

CORNMEAL, RICE FLOUR, SUNFLOWER OIL, AND/OR CANOLA OIL AND/OR CORN OIL, CHEDDAR CHEESE (CULTURED MILK, SALT, ENZYMES), WHEY, BUTTERMILK, SALT, NATURAL FLAVOR, SEA SALT, CITRIC ACID (FOR FLAVOR), BLACK PEPPER, LACTIC ACID (FOR FLAVOR).

Contains: Milk