

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 6%                                                                                                                                                    |     |
| 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. |     |