

# Nutrition Facts

About 61 servings per container

**Serving size** 1/4 cup (37g)

Amount per serving

**Calories** 130

% Daily Value\*

**Total Fat** 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Polyunsaturated Fat 0.5g

Monounsaturated Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 0mg 0%

**Total Carbohydrate** 29g 11%

Dietary Fiber 2g 6%

Total Sugars less than 1g

Includes 0g Added Sugars 0%

**Protein** 3g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 1.7mg 8%

Potassium 50mg 0%

Thiamin 0.2mg 15%

Riboflavin 0.1mg 8%

Niacin 1.6mg 10%

Folate 97mcg DFE 24%  
(57mcg folic acid)

\* 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:

WHITE HOMINY GRITS MADE FROM CORN,  
NIACIN\*, REDUCED IRON, THIAMIN  
MONONITRATE\*, RIBOFLAVIN\*, FOLIC ACID\*.  
\*ONE OF THE B VITAMINS