

Nutrition Facts

Serving Size 3 Tbsp (32g)

Amount Per Serving

Calories 120

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 470mg 20%

Total Carbohydrate 23g 9%

Dietary Fiber 2g 7%

Total Sugars 0g

Incl. 0g of Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 43mg 4%

Iron 1mg 8%

Potassium 274mg 6%

Thiamin 0.2mg 15%

Riboflavin 0.1mg 8%

Niacin 2mg 10%

Folate 80mcg DFE 20%

(50mcg folic acid)

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Ingredients

Enriched Bolted White Cornmeal And Enriched Flour And Enriched Degerminated White Cornmeal (Bolted White Cornmeal, Wheat Flour, Degerminated White Cornmeal, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Leavening (Baking Soda, Calcium Phosphate, Sodium Aluminum Phosphate), Salt.

Product Information

- Kosher Dairy

Allergens

Contains wheat
May contain milk

Product formulation and packaging may change. For the most current information regarding a particular product, please refer to the product package.