

Item # 160020

Desc: Yellow Corn Meal, Light Roast

Nutrition Facts			
Serving Size		1/4 cup (35g)	
Servings Per Container		Varied	
Amount Per Serving			
Calories	140	Calories from Fat	10
		% Daily Value*	
Total Fat	1 g		2 %
Saturated Fat	8 g		0 %
Trans Fat	0g		
Cholesterol	0 mg		0 %
Sodium	10 mg		0 %
Total Carbohydrate	29 g		10 %
Dietary Fiber	0g		3 %
Sugars	0g		
Protein	2g		
Vitamin A	4%	Vitamin C	0%
Calcium	0%	• Iron	6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

160020 Corn Meal (Lite Roast)

Ing: Ground roasted corn meal.

Product information/materials may change.

Refer to the package or call for updates.