



Grits with Fiber (1785)

06/20/2024

Nutrition Facts	
22 servings per container	
Serving size	1 cup (262g)
Amount per serving	
Calories	130
	% Daily Value*
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 35g	13%
Dietary Fiber 7g	24%
Total Sugars 0g	
Includes --g Added Sugars	--%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 4mg	0%
Iron 1mg	6%
Potassium 42mg	0%
*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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: WATER, GRITS (Degermed White Corn, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), MALTODEXTRIN

ALLERGEN: Manufactured on equipment that processes products containing Soy, Eggs, Milk, Wheat, Fish and Crustacean Shellfish

Order Number: C681785