

GILSTER-MARY LEE CORP.
NUTRITIONAL INFORMATION

Revision:

WHITE CORN GRITS (1024)

CONTAINS: NO ALLERGENS

Nutrition Facts

Serving Size 100g

Amount Per Serving	Dry
Calories	371
Calories from Fat	11

Total Fat	1g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	1mg
Total Carbohydrate	75g
Dietary Fiber	5g
Sugars	<1g
Protein	9g
Vitamin A	0IU
Vitamin C	0mg
Calcium	2mg
Iron	2.8mg

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

	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram:

Fat 9 Carbohydrate 4 Protein 4

INGREDIENT STATEMENT

ENRICHED CORN GRITS (CORN GRITS, NIACIN, IRON [FERROUS SULFATE], THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID)