

Corn

COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated February 2021. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts

Serving Size

0.5 cup (85g)

Amount Per Serving

Calories 70

% Daily Value *

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

PolyUnsat. Fat n/a

MonoUnsat Fat n/a

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 16g 5%

Fiber 2g 8%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 2g 4%

Vitamin D n/a

0%

Calcium 3mg

0%

Iron 0.4mg

2%

Potassium 198mg

6%

* 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.