



# Nutrition Facts

about 3.5 servings per container  
Serving size 1/2 cup (125g)

Amount per serving  
**Calories 45**

	% Daily Value*
<b>Total Fat</b> 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 200mg	9%
<b>Total Carbohydrate</b> 9g	3%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein</b> 1g	
Vit. D 0mg 0% • Calcium 14mg 2%	
Iron 0mg 0% • Potas. 125mg 2%	

\*The % Daily Value are for nutrients in a serving of food. Daily diet: 2000 calories for general nutrition facts.

**INGREDIENTS:** CORN MEAL SALT

**DISTRIBUTED BY:**  
Wal-Mart Stores, Inc.  
Bentonville, AR 72716

Best if used by date on label. After opening, store in a cool, dry container and rehydrate.

