



Nutrition Facts

6 servings per container

Serving size 2 shells (28g)

Amount per serving

Calories 120

% Daily Value*

Total Fat 6g 8%

Saturated Fat 0g 0%

Trans Fat 0g

Polysaturated Fat 1g

Monounsaturated Fat 4g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 16g 6%

Dietary Fiber 2g 7%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 133mg 10%

Iron 1mg 6%

Potassium 59mg 2%

*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.

INGREDIENTS: WHOLE GRAIN YELLOW CORN, HIGH OLEIC CANOLA OIL, WATER, CORN FLOUR, SALT, HYDRATED LIME.