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QUAKER®
YELLOW
CORN MEAL

ENRICHED DEGERMINATED
NET WT 25 POUNDS (11.3kg)

Nutrition Facts

Serving per container 420
Serving size **3 Tablespoons (27g)**

Amount per serving	
Calories	**90**
	% Daily Value*
Total Fat 0g	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 21g	**8%**
Dietary Fiber 1g	**4%**
Protein 2g	
Iron 1mg	4%
Thiamin 0.1mg	10%
Riboflavin 0.1mg	6%
Niacin 1.5mg	8%
Folate 60mcg DFE (40mcg Folic Acid)	10%

Not a significant source of saturated fat, trans fat, cholesterol, total sugars, added sugars, vitamin D, calcium, and potassium.

* 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.

Ingredients: Degerminated yellow corn meal, niacin*, reduced iron, thiamin mononitrate*, riboflavin*, folic acid*.
***One of the B vitamins**

We're here to help.
Quakeroats.com or 800.894.7487
Please have package available when calling.

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43375

SAFE HANDLING INSTRUCTIONS: This is made with raw corn, so it is not ready-to-eat and must be thoroughly cooked before eating to prevent illness from bacteria in the corn. Do not eat or play with raw product; wash hands, utensils, and surfaces after handling.

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Iron 1mg	4%
Thiamin 0.1mg	10%
Riboflavin 0.1mg	6%
Niacin 1.3mg	8%
Folate 60mcg DFE (42mcg Folic Acid)	15%

Not a significant source of saturated fat, trans fat, cholesterol, total sugars, added sugars, vitamin D, calcium, and potassium.

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