

Cornbread Mix

Nutrition Facts

Serving Size 1 Dry Mix (1oz.) 28g
Servings Per Container 12

Amount Per Serving:

Calories 120 Calories From Fat 30

% Daily Value*

Total Fat 3.5g 5%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 280mg 12%

Total Carbohydrate 20g 7%

Dietary Fiber 0g 0%

Sugars 6g

Protein 2g

Vitamin A 0% * Vitamin C 0%

Calcium 4% * Iron 0%

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

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 * Carbohydrate 4 * Protein 4

INGREDIENTS: BLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, DEGERMED YELLOW CORN MEAL, WHITE CORN MEAL, SOYBEAN OIL AND CITRIC ACID PRESERVATIVES), SALT, SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE, BAKING POWDER.

Contains Wheat

Original Recipes

Nutrition Facts

Serving Size 1/4 Cup (37g)
Servings Per Container: about 12

Amount Per Serving:

Calories 170 Calories From Fat 80

% Daily Value*

Total Fat 9g 14%

Saturated Fat 6g 30%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 410mg 17%

Total Carbohydrate 19g 6%

Dietary Fiber 1g 4%

Sugars 0g

Protein 3g

Vitamin A 0% * Vitamin C 0%

Calcium 8% * Iron 6%

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Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 * Carbohydrate 4 * Protein 4

INGREDIENTS: ENRICHED BLEACHED FLOUR (WHEAT FLOUR, ASCORBIC ACID (DOUGH CONDITIONER), NIACIN, REDUCED IRON, THIAMIN MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), PALM OIL, CONTAINS LESS THAN 2% OF SALT, SODIUM BICARBONATE, SUGAR, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE.

CONTAINS: WHEAT.