

Grits

<b>Nutrition Facts</b>	
Serving Size 0.25 cup (37g)	
Amount Per Serving	
<b>Calories</b> 130	
% Daily Value*	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat	
Trans Fat	
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 29g	<b>10%</b>
Dietary Fiber 2g	<b>8%</b>
<b>Protein</b> 3g	
Iron 8%	

\* Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Grits