Fat Free Corn

Nutritional Facts

Serving size 2 oz. (56g) 1/2 Muffin

Amount per Serving	
Calories 130	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0**%
Saturated Fat 0g	**0**%
Trans Fat 0g	
Cholesterol 0mg	**0**%
Sodium 210mg	**9**%
Total Carbohydrate 29g	**10**%
Dietary Fiber 1g	**4**%
Sugar 13g	
Protein 3g	

Vitamin A	0%	• Vitamin C	0%
Calcium	0%	• Iron	4%

*Percent Daily Values (DV) 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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400 mg	2,400mg
Potassium	Less than	3,500 mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients Enriched Bleached Wheat Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar,Corn Meal, Dextrose, Nonfat Dry Milk,Dried Egg Whites, Leavening (Baking Soda, Sodium Aluminum Phosphate), Soy Flour, Modified Food Starch, Emulsifiers (Polyglycerol Esters), Salt, Preservatives (Sorbic Acid and Potassium Sorbate), Guar Gum, Natural and Artificial Flavor.

Allergen Information:
Contains Wheat, Soy, Milk and Eggs. Manufactured in a Facility that Processes Tree Nuts.