

WEISENBERGER MILLS INC

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The product formulation for product # 210025, self rising white corn meal is:

Whole grain white corn meal, monocalcium phosphate, and bicarbonate of soda.

All of the corn meal that we grind at Weisenberger Mills is whole grain and has not been de-germed.

Nutrition Facts	
Serving Size 1/4 cup (30g)	
Servings Per Container 300	
Amount Per Serving	
Calories 110	Calories from Fat 10
%Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 370mg	15%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	10%
Sugars 0g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 6%
* 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 Carb	300g 375g
Dietary Fiber	25g 30g

Philip Weisenberger

