



AUNT JEMIMA® OLD FASHIONED GRITS – 5 lbs.

Nutrition Facts

Serving Size 1/4 Cup (41 g)
Servings Per Container – About 55

Amount Per Serving	
Calories 150	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 32g	11%
Dietary Fiber 1g	3%
Protein 4g	
Iron	10%
Thiamin	15%
Riboflavin	8%
Niacin	10%
Folic Acid	20%

Not a significant source of Saturated Fat, Trans Fat, Cholesterol, Vitamin A, Vitamin C, *
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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: WHITE HOMINY GRITS MADE FROM CORN, NIACIN*, REDUCED IRON, THIAMIN MONONITRATE*, RIBOFLAVIN*, FOLIC ACID*.

*ONE OF THE B VITAMINS

Case UPC	000-30000-04278-6
Package UPC	0-30000-004270-0
Case Pack	8/5 lb bags
Kosher Status	Yes – Pareve
Grain – oz. eq.	1.25 oz. eq.
Document Updated	6/13

All products are accurately labeled with the most current information however, since the ingredients are subject to change at any time, we recommend you check the label on the specific product for the most current and accurate information.