

NUTRITIONAL FACTS

WABASH VALLEY FARMS

Gourmet Kernel Collection Wooden Crate Set

Golden Harvest		
Nutrition Facts		WABASH VALLEY FARMS
Serving Size: Per 1/3 cup (69g) (about 50g prepared) Servings per Container : 7.4	Sugars 1g 1% Protein 8g Cholesterol 0mg Sodium 0mg	© 2018 Wabash Valley Farms - Monon IN 47959 Made in U.S.A.
Calories : 230 % DV	Potassium 175mg 4% Calcium 10mg 1% Iron 1.25mg 7%	 0 19669 00854 8
Total Fat 3g 4% Saturated Fat 0.4g 2% Trans Fat 0g	Percent Daily Values (DV) are based on a 2,000 calorie diet.	
Total Carb. 49g Fiber 12g 43%	INGREDIENTS: CORN	
Simply White		
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Calories : 230 % DV	Potassium 175mg 4% Calcium 10mg 1% Iron 1.25mg 7%	 0 19669 00856 2
Total Fat 3g 4% Saturated Fat 0.4g 2% Trans Fat 0g	Percent Daily Values (DV) are based on a 2,000 calorie diet.	
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Valley Bloom		
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