

Corn Souffle (4.75 Lbs)

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Nutrition Facts

About 10 servings per container

Serving size 1 Cup(226g)

Amount per serving

Calories **310**

% Daily Value*

Total Fat 11g 14%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 115mg 38%

Sodium 460mg 20%

Total Carbohydrate 46g 17%

Dietary Fiber 1g 4%

Total Sugars 12g

Includes 6g Added Sugars 12%

Protein 9g

Vitamin D 0mcg 0%

Calcium 96mg 8%

Iron 2mg 10%

Potassium 244mg 6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: CREAM STYLE CORN (Corn, Water, Sugar, Food Starch Modified, Salt), WHOLE KERNAL YELLOW CORN, SOUR CREAM (Cultured milk, cream, whey, modified corn starch, sodium phosphate, guar gum, carrageenan, carob bean gum and potassium sorbate (maintains freshness)), LIQUID EGGS (Whole Egg, Citric Acid, and Xanthan Gum), CORNBREAD MIX (Enriched Degerminated White Corn Meal, Enriched Bleached Wheat Flour, Palm Oil, Buttermilk, Egg, Sugar, Whey, Dextrose, Leavening (sodium aluminum phosphate, monocalcium phosphate, calcium carbonate, sodium bicarbonate), Salt, Xanthan Gum, Soy Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), SUGAR, SOY LECITHIN.

Contains Egg, Milk, Soy, Wheat.