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Quaker® White Corn Meal

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PRODUCT DETAILS

Have everyone begging for more hush puppies and savoring every crumb of home-cooked corn bread. It's easy – just begin your baking and breading with Quaker Yellow Corn Meal. Food is positively irresistible when you have the right ingredients. Quaker makes everything right for you.

Product formulation and packing and promotion may change. For current information, refer to packaging on store shelves.

Nutrition Info



Nutrition Facts

About 25 servings per container

Serving Size
3 Tablespoons (27g)

Amount Per Serving

Calories **90**

% Daily Value*

Total Fat 0.5g **0%**

Sodium 0mg **0%**

Total Carbohydrate 21g **8%**

Dietary Fiber 2g **4%**

Protein 2g

Iron 1mg **4%**

Thiamin 0.1mg **10%**

Riboflavin 0.1mg **6%**

Niacin 1.3mg **8%**

Folate 60mcg DFE **15%**
(42mcg folic acid)

Not a significant source of saturated fat, *trans* fat, cholesterol, total sugars, added sugars, vitamin D, calcium, and potassium.

*The % Daily Value (DV) 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: Degerminated yellow corn meal, niacin*, reduced iron, thiamin mononitrate*, riboflavin*, folic acid*. *One of the B vitamins.