

# Nutrition Facts

**Serving size** 3 inch square of  
cornbread

**Amount Per Serving**

**Calories** **170**

% Daily Value\*

<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 230mg	<b>10%</b>
<b>Total Carbohydrate</b> 35g	<b>13%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 10g	
Includes 7g Added Sugars	<b>14%</b>
<b>Protein</b> 5g	<b>10%</b>
Vitamin D 0.4mcg	<b>2%</b>
Calcium 133mg	<b>10%</b>
Iron 1.7mg	<b>10%</b>
Potassium 153mg	<b>4%</b>

\*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.