

Ingredients:
 Roasted white corn flour, water, brown sugar, raspberries, blackberries, blueberries.

Microwave

Directions:

High heat for 1-2 minutes.

Stove Directions:

Heat for 3-4 minutes add water if needed to prevent burning.

Nutrition Facts

Serving Size 1 cup (210g)
 Servings Per Container 4

Amount Per Serving		Calories from Fat 20	
Calories 240		% Daily Value*	
Total Fat 2.5g			4%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 0 mg			0%
Sodium 65 mg			3%
Total Carbohydrate 51g			17%
Dietary Fiber 6g			24%
Sugars 20g			
Protein 4g			
Vitamin A 2%		• Vitamin C 0%	
Calcium 6%		• Iron 6%	
*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
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Berry Corn Mush

Each



Distributed by tsyunkékwá

Processed by Oneida Cannery, Oneida, WI 54155

Berry Corn Mush



Net Wt. – 35 oz. (992g)

Keep Refrigerated

Use by –