

Corn Mush Flour



Net Wt. - 1 lb. (454g)
Packaged Date

Ingredients:
Roasted white corn.

Recipe:
3 cups boiling water.
1 cup corn mush flour.
¼ cup brown sugar (maple syrup).

Simmer first 2 ingredients about 10 mins., stir using a whisk to prevent sticking. Add syrup, nuts, and berries last to taste. Serve warm or cold.
Makes about 4 cups.

Corn Mush Flour
Each



Nutrition Facts

Serving Size 1/2 cup (70g)
Servings Per Container 6

Amount Per Serving	
Calories	290
Calories from Fat 40	
% Daily Value*	
Total Fat	4.5g 7%
Saturated Fat	0.5g 3%
Trans Fat	0g
Cholesterol	0 mg 0%
Sodium	0 mg 0%
Total Carbohydrate	55g 18%
Dietary Fiber	6g 24%
Sugars	1g
Protein	6g

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 8%

*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

Distributed by tsyunhékwá

Processed by Oneida Cannery, Oneida, WI 54155