

Nutrition Facts Serv Size 1 slice (100g), Serv Per Container 6, Amount Per Serving: **Calories** 160, Fat Cal. 20, **Total Fat** 2g (3% DV), Sat. Fat 0g (0% DV), **Cholest.** 0mg (0% DV), **Sodium** 55mg (2% DV), **Total carb.** 30g (10% DV), Fiber 5g (20% DV), Sugars 0g (0% DV), **Protein** 4g, Vitamin A (2% DV), Vitamin C (2% DV), Calcium (2% DV), Iron (6% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Ingredients: White corn flour, red beans, water.

Heat Directions: Place in boiling water for 20 mins. Slice and microwave for 30 seconds. Add butter, salt, pepper or maple syrup, honey for taste.

Each Kanásthohale



Distributed by tsyuhákwá

Processed by Oneida Cannery, Oneida, WI 54155

Kanásthohale



Net Wt. - 1 lb. (453 g)

Keep Refrigerated

Use by -