

# NUTRITIONAL ANALYSIS

LINDLEY MILLS  
**YELLOW CORN GRITS**  
 100% ORGANIC

Nutrients	Per 100 g		Nutrients	Per 100 g
<b>Basic Components</b>				
Gram Weight (g)	100		Vitamin B6 (mg)	0.15
Calories (kcal)	371		Vitamin B12 (mcg)	0
Calories from Fat (kcal)	10.8		Vitamin C (mg)	0
Calories from SatFat (kcal)	1.39		Vitamin D – IU (IU)	0
Protein (g)	8.8		Vitamin D – mcg (mcg)	0
Carbohydrates (g)	79.6		Vitamin E – Alpha-Toco (mg)	0.26
Dietary Fiber (g)	1.6		Folate (mcg)	5
Total Sugars (g)	0.64		Folate, DFE (mcg)	5
Other Carbs (g)	77.36		Vitamin K (mcg)	0.3
Fat (g)	1.2		Pantothenic Acid (mg)	0.48
Saturated Fat (g)	0.15		<b>Minerals</b>	
Mono Fat (g)	0.3		Calcium (mg)	2
Poly Fat (g)	0.52		Copper (mg)	0.07
Trans Fatty Acid (g)	0		Iron (mg)	1
Cholesterol (mg)	0		Magnesium (mg)	27
Water (g)	10		Manganese (mg)	0.11
<b>Vitamins</b>				
Vitamin A –IU (IU)	214		Phosphorus (mg)	73
Vitamin A – RE (RE)	21.4		Potassium (mg)	137
Vitamin A – RAE (RAE)	10.7		Selenium (mcg)	17
Carotenoid RD (RE)	21.4		Sodium (mg)	1
Retinol RE (RE)	0		Zinc (mg)	0.41
Beta-Carotene (mcg)	97		<b>Poly Fats</b>	
Vitamin B1 (mg)	0.13		Omega 3 Fatty Acid (g)	0.01
Vitamin B2 (mg)	0.04		Omega 6 Fatty Acid (g)	0.5
<b>Other Nutrients</b>				
Vitamin B3 (mg)	1.2		Alcohol (g)	0
Vitamin B3 - Niacin Equiv (mg)	2.23		Caffeine (mg)	0

Source: USDA Nutrient Database for Standard Reference, Release 25 (2012)