



2984 Clifton Springs Road
 Decatur, Georgia 30034
 1-800-282-7130

Cornmeal



PRODUCT INFORMATION AND DESCRIPTION

Stock Number: 45-010245

Bag Weight: 50 LB Bag Standard

25 LB Bag Available with 2 weeks notice

Storage: Dry

Made from Georgia Grown corn; ground on-site. Our cornmeal is a staple for your menu with multiple uses. Use it in recipes such as cornbread, corn muffins, and griddlecakes.

INGREDIENTS

Ground Corn.

NUTRITION INFORMATION

Serving Size	100 g (dry)		
Servings Per Container			
Calories	362	Calories from Fat	32
		% Daily Value	
Total Fat	4 g		6 %
Saturated Fat	1 g		3 %
Trans Fat			
Cholesterol	0 mg		0 %
Sodium	35 mg		1 %
Total Carbohydrate	77 g		26 %
Dietary Fiber	7 g		29 %
Sugars			
Protein	8 g		
Vitamin A 9 %	Vitamin C	Calcium 1 %	Iron 19 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			

PREPARATION AND COOKING INSTRUCTIONS

Ready to use.

ALLERGEN INFORMATION

NUTRITION INFORMATION FOR CORNBREAD RECIPE

(Recipe available upon request)

Serving Size	1 piece (57 g)		
Servings Per Container			
Calories	208	Calories from Fat	62
			% Daily Value
Total Fat	7		11 %
Saturated Fat	2 g		8 %
Trans Fat			
Cholesterol	12 mg		4 %
Sodium	234 mg		10 %
Total Carbohydrate	30 g		10 %
Dietary Fiber	2 g		8 %
Sugars	2 g		
Protein	5 g		
Vitamin A	1 %	Vitamin C	0%
Calcium	9 %	Iron	10 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			