

BOB'S RED MILL

10039978112849 - Bob's Red Mill Creamy White Corn Grits Hot Ce...

Case of Four, 24oz. resealable pouches. Vegan; Vegetarian; Kosher Pareve. Ready in about 7 minutes. Kitchen staple of the American South. Enjoy as a hot cereal or in the Italian dish polenta



MARKETING

Our Southern-Style White Corn Grits are coarsely ground bits of white corn. These are ideal for cheese grits, porridge and grit cakes with their pure corn flavor!

Nutrition Facts

|                                                                                                                                                                      |               |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| 17 Servings per container                                                                                                                                            |               |
| Serving Size                                                                                                                                                         | 1/4 cup (40g) |
| Amount Per Serving                                                                                                                                                   |               |
| Calories                                                                                                                                                             | 140           |
| % Daily Value*                                                                                                                                                       |               |
| Total Fat 0                                                                                                                                                          | 0%            |
| Saturated Fat 0 g                                                                                                                                                    | 0%            |
| Trans Fat 0 g                                                                                                                                                        |               |
| Cholesterol 0 mg                                                                                                                                                     | 0%            |
| Sodium 0 mg                                                                                                                                                          | 0%            |
| Total Carbohydrates 32 g                                                                                                                                             | 12%           |
| Dietary Fiber 1 g                                                                                                                                                    | 4%            |
| Total Sugars 0 g                                                                                                                                                     |               |
| Includes 0 g Added Sugars                                                                                                                                            | 0%            |
| Protein 3 g                                                                                                                                                          |               |
| Vitamin D 0 mcg                                                                                                                                                      | 0%            |
| Calcium 0 mg                                                                                                                                                         | 0%            |
| Iron 0 mg                                                                                                                                                            | 0%            |
| Potassium 53 mg                                                                                                                                                      | 2%            |
| * The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. |               |

PRODUCT SPECIFICATIONS

HANDLING SUGGESTIONS

Keeps best refrigerated or frozen.

ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; INII = 'Intentionally nor Inherently Included'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - MC
- Peanuts - N
- Eggs - N
- Tree - MC
- Soybean - MC
- Fish - N
- Wheat - MC
- Shellfish - NI
- Sesame - MC
- Crustaceans - N

INGREDIENTS

White corn

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PREPARATION & COOKING SUGGESTIONS



Use as per recipe.

SERVING SUGGESTIONS



Grits may be eaten covered in gravy, cheese or butter and salt; or served with seafood, meats or vegetables.

MORE INFORMATION



Telephone : 800-349-2173, E-mail : CUSTOMERSERVICE@BOBSREDMILL.COM