



CORN GRITS, YELLOW, ENRICHED

Date: October 2012 Code: 100469

PRODUCT DESCRIPTION

- Yellow corn grits (hominy) may be coarse or fine ground. They have added thiamin, riboflavin, niacin, folic acid, and iron. Corn grits may also have added vitamin D and calcium.

PACK/YIELD

- Yellow corn grits are packed in a 5-pound bag, which is about 125 servings (½ cup each) of cooked grits.

STORAGE

- Store unopened bags of yellow grits in a cool, clean, dry place.
- After opening, keep package tightly closed.
- Corn grits may be stored in the refrigerator in an air tight container not made from metal.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- To make 1 serving of grits, bring 1 cup of water to a boil.
- Slowly stir 3 tablespoons of grits into water. Reduce heat to low and cover.
- Cook 15 to 20 minutes or until thickened, stirring occasionally. Remove from heat.

USES AND TIPS

- Corn grits make a great side dish for fish, poultry, and meat dishes.
- Mix corn grits with garlic and cheese to add flavor.
- Corn grits can be served as a hot cereal for breakfast.

NUTRITION INFORMATION

- ½ cup of cooked corn grits counts as 1 ounce from the MyPyramid.gov Grain Group. For a 2,000-calorie diet, the daily recommendation is about 6 ounces.

OTHER RESOURCES

- www.nutrition.gov
- www.choosemyplate.gov
- www.fns.usda.gov/fdd/

NUTRITION FACTS

Serving size: ½ cup (121g) yellow corn grits, cooked in water

Amount Per Serving

Calories 70 **Calories from Fat** 0

% Daily Value*

Total Fat 0g		0%
Saturated Fat 0g		0%
<i>Trans</i> Fat 0g		
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 16g		5%
Dietary Fiber 0.5g		2%
Sugars 0g		
Protein 2g		
Vitamin A 0%	Vitamin C 0%	
Calcium 0%	Iron 4%	

*Percent Daily Values are based on a 2,000 calorie diet.

FLAPJACKS

MAKES ABOUT 4 SERVINGS

Ingredients

- 1 cup yellow grits, dry
- 1/8 teaspoon salt
- 2 tablespoons sugar
- 1 cup boiling water
- 1/2 cup low-fat milk
- 1 egg
- 2 tablespoons margarine, melted
- 1/2 cup flour
- 2 teaspoons baking powder
- Nonstick cooking spray

Directions

1. Combine grits, salt, and sugar in a bowl. Slowly add 1 cup boiling water. Cover and let stand for 10 minutes.
2. In a separate bowl, beat together milk, egg, and butter. Add to grits mixture.
3. Stir flour and baking powder into batter.
4. Heat a 10-inch skillet coated with nonstick cooking spray over medium heat.
5. Pour large spoonfuls (about 1/4 cup) of batter into the skillet.
6. Cook two flapjacks at once. Turn over when the surface is bubbly.
7. Serve warm alone, with fresh or canned fruit, or warm maple syrup.

Nutritional Information for 1 serving (about 2) of Flapjacks							
Calories	310	Cholesterol	60 mg	Sugar	8 g	Vitamin C	0 mg
Calories from Fat	70	Sodium	350 mg	Protein	8 g	Calcium	185 mg
Total Fat	8 g	Total Carbohydrate	52 g	Vitamin A	97 RAE	Iron	3 mg
Saturated Fat	2.5 g	Dietary Fiber	1 g				

Recipe adapted from Food.com

CHEESY GRITS

MAKES ABOUT 6 SERVINGS

Ingredients

- 2 cups water
- 1 chicken bouillon cube (if you like)
- 1 garlic clove, chopped
- 1/4 cup onion, chopped
- 1 tablespoon margarine
- 1/8 teaspoon black pepper
- 1 cup yellow grits, dry
- 1/4 cup evaporated milk
- 1/2 cup reduced-fat cheddar cheese, shredded

Directions

1. Bring water, garlic, onion, margarine, and black pepper to a boil in a heavy saucepan. If using bouillon, add that too.
2. Stir in the grits slowly.
3. Reduce heat to low and cook, covered, 20 minutes, stirring once in a while until grits soften.
4. Remove from heat. Add evaporated milk and cheese and stir until cheese melts.

Nutritional Information for 1 serving (about 3/4 cup) of Cheesy Grits							
Calories	190	Cholesterol	15 mg	Sugar	1 g	Vitamin C	1 mg
Calories from Fat	60	Sodium	280 mg	Protein	8 g	Calcium	206 mg
Total Fat	7 g	Total Carbohydrate	23 g	Vitamin A	62 RAE	Iron	1 mg
Saturated Fat	3.5 g	Dietary Fiber	1 g				

Recipe adapted from Food.com