



CORN GRITS, WHITE, ENRICHED

Date: October 2012 Code: 100470

PRODUCT DESCRIPTION

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

PACK/YIELD

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

STORAGE

- Store unopened bags of white 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.
- Look at the “Best if used by” or “Best by” date on the package.
- 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 from time to time. 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 grits corn counts as 1 ounce in the MyPlate.gov Grains 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) white 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 0g	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.

SPOON BREAD

MAKES ABOUT 6 SERVINGS

Ingredients

- Nonstick cooking spray
- 1 tablespoon margarine
- 2 eggs, beaten
- 1 cup white grits, cooked
- 1 cup low-fat milk
- ½ cup cornmeal
- ½ teaspoon salt

Directions

1. Preheat oven to 350 degrees F and spray an 8x8-inch baking dish with nonstick cooking spray.
2. Combine margarine, eggs, and cooked grits in a medium bowl.
3. Stir in milk slowly, and then add cornmeal and salt. The batter should be thick, like a pudding. (Add more milk if the batter becomes too thick.) Pour into baking dish.
4. Bake for 35 to 45 minutes or until golden brown. Serve hot.

Tip

Spoon bread is a traditional southern dish; it is a soft-baked bread meant to be eaten with a spoon.

Nutritional Information for 1 serving (about ½ cup) of Spoon Bread							
Calories	140	Cholesterol	75 mg	Sugar	3 g	Vitamin C	0 mg
Calories from Fat	40	Sodium	240 mg	Protein	5 g	Calcium	60 mg
Total Fat	5 g	Total Carbohydrate	18 g	Vitamin A	66 RAE	Iron	1 mg
Saturated Fat	1.5 g	Dietary Fiber	1 g				

Recipe adapted from Food.com

SPICY PARMESAN GRITS

MAKES ABOUT 8 SERVINGS

Ingredients

- 4 cups white grits, cooked
- 2 tablespoons hot peppers, chopped (fresh or canned)
- ½ teaspoon cumin (if you like)
- ½ teaspoon black pepper
- ¼ teaspoon garlic powder
- ¼ teaspoon salt
- ¼ cup Parmesan cheese, grated
- 1 teaspoon margarine

Directions

1. Prepare grits according to package directions.
2. When grits are almost done cooking, mix in hot peppers, garlic powder, salt, black pepper, parmesan cheese, and margarine. If using cumin, add that too.
3. Stir well and heat for 1 minute.

Tip

For a more spicy flavor, use cayenne pepper in place of black pepper.

Nutritional Information for 1 serving (about ½ cup) of Spicy Parmesan Grits							
Calories	190	Cholesterol	5 mg	Sugar	1 g	Vitamin C	28 mg
Calories from Fat	30	Sodium	250 mg	Protein	6 g	Calcium	83 mg
Total Fat	4 g	Total Carbohydrate	33 g	Vitamin A	33 RAE	Iron	2 mg
Saturated Fat	1.5 g	Dietary Fiber	1 g				

Recipe adapted from Food.com