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.

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.

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

<table>
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<tr>
<th>Nutrient</th>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
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<tbody>
<tr>
<td>Calories</td>
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<tr>
<td>Total Fat</td>
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<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
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</tr>
<tr>
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<td>0%</td>
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<tr>
<td>Sodium</td>
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<tr>
<td>Sugars</td>
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<tr>
<td>Protein</td>
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Vitamin A 0%  Vitamin C 0%  Calcium 0%  Iron 4%

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

**MAKES ABOUT 8 SERVINGS**

**Ingredients**
- 4 c. white grits, cooked
- 2 T. hot peppers, chopped (fresh or canned)
- ½ tsp. cumin (if you like)
- ½ tsp. black pepper
- ¼ tsp. garlic powder
- ¼ tsp. salt
- ¼ c. Parmesan cheese, grated
- 1 tsp. 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.
4. For a spicier flavor, use cayenne pepper in place of black pepper.

**Nutritional Information for 1 serving (about ½ cup) of Spicy Parmesan Grits**

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<tr>
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Recipe adapted from Food.com

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**SPOON BREAD**

**MAKES ABOUT 6 SERVINGS**

**Ingredients**
- Nonstick cooking spray
- 1 T. margarine
- 2 eggs, beaten
- 1 c. low-fat grits, cooked
- ½ c. cornmeal
- ½ tsp. 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. 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**

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<th>Protein</th>
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<tr>
<td>Saturated Fat</td>
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Recipe adapted from Food.com

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