



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

## Grits



### PRODUCT INFORMATION AND DESCRIPTION

**Stock Number:** 43-010104

**Bag Weight:** 50 LB Bag Standard

25 LB Bag Available with 2 weeks notice

**Storage:** Dry

Georgia Grown corn is used to make our stone-ground grits. They are a great staple item with multiple uses. Enjoy them at breakfast or try them with cheese to accompany fish.

### INGREDIENTS

Grits.

### NUTRITION INFORMATION

Serving Size	1 cup (cooked **)		
Servings Per Container			
Calories	144	Calories from Fat	4
		% Daily Value	
Total Fat	0 g		1 %
Saturated Fat	0 g		0 %
Trans Fat			
Cholesterol	0 mg		0 %
Sodium	9 mg		0 %
Total Carbohydrate	31 g		10 %
Dietary Fiber	1 g		2 %
Sugars	0 g		
Protein	3 g		
Vitamin A 3 %	Vitamin C	Calcium 1 %	Iron 9 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			

\*\* Grits cooked without added salt or seasoning.

## **PREPARATION AND COOKING INSTRUCTIONS**

Ready to prepare. Cook to an internal temperature of 165° F. for 15 seconds.

## **ALLERGEN INFORMATION**

## **PRODUCT LABEL**