



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, May 2013)

Visit us at www.fns.usda.gov/fdd

100469 – GRITS, CORN, YELLOW, ENRICHED, 5 LB

Nutrition Information

CATEGORY	<ul style="list-style-type: none"> Grains/Breads
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Yellow corn (hominy) grits, coarse or fine ground, enriched with thiamin, riboflavin, niacin, folic acid, and iron. May have vitamin D and calcium added.
PACK/YIELD	<ul style="list-style-type: none"> 8/5 lb bags. One 5 lb bag AP yields about 13³/₄ cups dry, regular grits OR about 6 ¹/₂ cups cooked grits and provides about 251.5 ¹/₄-cup servings cooked grits OR about 125.5 ¹/₂-cup servings cooked grits OR about 83.5 ³/₄-cup servings cooked grits. One lb AP yields about 2³/₄ cups dry, regular grits OR about 12¹/₂ cups cooked grits and provides about 50.3 ¹/₄-cup servings cooked grits OR about 25.1 ¹/₂-cup servings cooked grits OR about 16.7 ³/₄-cup servings cooked grits. CN Crediting: ¹/₄ cup cooked grits provides ¹/₄ cup cooked cereal grain OR ¹/₂ cup cooked grits provides ¹/₂ cup cooked cereal grain OR ³/₄ cup cooked grits provides ³/₄ cup cooked cereal grain.
STORAGE	<ul style="list-style-type: none"> Store corn grits off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). If ideal storage conditions are not available, store corn grits under refrigeration. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Grits, yellow, enriched, regular and quick, dry and cooked without salt

	¹ / ₄ cup, dry (39 g)	¹ / ₂ cup, cooked (121 g)
Calories	156	76
Protein	2.86 g	1.43 g
Carbohydrate	33.96 g	16.15 g
Dietary Fiber	1.7 g	0.8 g
Sugars	0.23 g	0.10 g
Total Fat	0.63 g	0.45 g
Saturated Fat	0.123 g	0.03 g
<i>Trans</i> Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	1.23 mg	0.66 mg
Calcium	1 mg	1 mg
Sodium	0 mg	2 mg
Magnesium	11 mg	6 mg
Potassium	50 mg	26 mg
Vitamin A	53 IU	0 IU
Vitamin A	3 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.06 mg	0.02 mg



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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> Do not wash or rinse corn grits before cooking. Enrichment does not wash out, but some natural food value is lost. For 100 ½-cup servings: Add 4 lb (2 qt 3 cups) corn grits to 3¾ gal of boiling water with 2 oz (¼ cup) salt (optional). Boil for 10 minutes, stirring frequently. Reduce heat and simmer, stirring occasionally.
USES AND TIPS	<ul style="list-style-type: none"> Use corn grits in combination with meat and cheese in main dishes or in puddings for desserts. Serve enriched corn grits as a hot cereal or use in breads and muffins.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> Visually inspect for presence of foreign substances, insects, or mold before use. Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> For guidance on inventory management, and how to effectively store USDA Foods, see our policy memo: www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product’s Nutrition Facts label or ingredient list for product-specific information.

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