

B141 – CORNMEAL, DEGERMED, ENRICHED, YELLOW, 10 LB



CATEGORY	<ul style="list-style-type: none"> Grains/Breads
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Yellow cornmeal with most of the germ and bran removed during milling, enriched with thiamin, riboflavin, niacin, folic acid, and iron. May have vitamin D and calcium added.
PACK/YIELD	<ul style="list-style-type: none"> 5/10 lb bags. One 10 lb bag AP yields about 30 cups dry cornmeal OR about 126½ cups cooked cornmeal and provides about 507.0 ¼-cup servings cooked cornmeal OR 253.0 ½-cup servings cooked cornmeal OR 169.0 ¾-cup servings cooked cornmeal. One lb AP yields about 3 cups dry cornmeal OR about 12⅔ cups cooked cornmeal and provides about 50.7 ¼-cup servings cooked cornmeal OR 25.3 ½-cup servings cooked cornmeal OR 16.9 ¾-cup servings cooked cornmeal. CN Crediting: ¼ cup cooked cornmeal provides ¼ cup cooked cereal grain OR ½ cup cooked cornmeal provides ½ cup cooked cereal grain OR ¾ cup cooked cornmeal provides ¾ cup cooked cereal grain.
STORAGE	<ul style="list-style-type: none"> Store cornmeal 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 cornmeal under refrigeration. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Cornmeal, degermed, enriched, yellow

	¼ cup, dry (40 g)	1 cup, dry (159 g)
Calories	147	587
Protein	2.88 g	11.53 g
Carbohydrate	31.46 g	125.85 g
Dietary Fiber	1.6 g	6.4 g
Sugars	0.66 g	2.64 g
Total Fat	0.71 g	2.85 g
Saturated Fat	0.08 g	0.31 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	1.72 mg	6.87 mg
Calcium	1 mg	5 mg
Sodium	3 mg	11 mg
Magnesium	14 mg	56 mg
Potassium	60 mg	242 mg
Vitamin A	85 IU	340 IU
Vitamin A	4 RAE	17 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.06 mg	0.25 mg



USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-14-07)

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

B141 – CORNMEAL, DEGERMED, ENRICHED, YELLOW, 10 LB

PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none">• Use as directed in recipes.
USES AND TIPS	<ul style="list-style-type: none">• Cornmeal may be the principle ingredient in cornbread, spoonbread, rolls, muffins, or dumplings.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

USDA Nondiscrimination Statement: "The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). To file a complaint of discrimination write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice or TDD). USDA is an equal opportunity provider and employer."