

**B345 – FLOUR, MASA, YELLOW, ENRICHED, 50 LB**



**Nutrition Information**

Corn flour, masa, enriched, yellow

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Grains/Breads</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>Instant corn masa flour produced from white or yellow corn. Shall have a medium-coarse texture and pleasing lime-corn flavor and be suitable for mass production of commercially acceptable taco shells and nacho chips. Enriched with thiamin, riboflavin, folic acid, niacin, and iron.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>50 lb bag.</li> <li>One 50 lb bag AP yields about 200 cups.</li> <li>One lb AP yields about 4 cups.</li> <li>CN Crediting: Flour serves as a recipe ingredient; crediting is based on the recipe and portion size. For more information, see section 3 Grains/Breads in the <i>Food Buying Guide for Child Nutrition Programs</i>.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store flour off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%).</li> <li>If ideal storage conditions are not available, store flour under refrigeration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

	¼ cup (29 g)	1 cup (114 g)
Calories	104	416
Protein	2.66 g	10.65 g
Carbohydrate	21.74 g	86.95 g
Dietary Fiber	N/A	N/A
Sugars	N/A	N/A
Total Fat	1.08 g	4.31 g
Saturated Fat	0.15 g	0.61 g
Trans Fat	N/A	N/A
Cholesterol	0 mg	0 mg
Iron	2.05 mg	8.22 mg
Calcium	40 mg	161 mg
Sodium	1 mg	6 mg
Magnesium	31 mg	125 mg
Potassium	85 mg	340 mg
Vitamin A	61 IU	244 IU
Vitamin A	3 RAE	13 RAE
Vitamin C	0 mg	0 mg
Vitamin E	N/A	N/A



## USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

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

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