



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 03-22-12)

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

100471 – CORNMEAL, DEGERMED, ENRICHED, YELLOW, 5 LB

Nutrition Information

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"> 8/5 lb bags. One 5 lb bag AP yields about 15 cups dry cornmeal OR about 63¼ cups cooked cornmeal and provides about 253.5 ¼-cup servings cooked cornmeal OR 126.5 ½-cup servings cooked cornmeal OR 84.5 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.

Cornmeal, degermed, enriched, yellow

	¼ cup, dry (40 g)	1 cup, dry (157 g)
Calories	145	581
Protein	2.79 g	11.16 g
Carbohydrate	31.46 g	124.74 g
Dietary Fiber	1.5 g	6.1 g
Sugars	0.66 g	2.53 g
Total Fat	0.69 g	2.75 g
Saturated Fat	0.066 g	0.265 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	1.72 mg	6.85 mg
Calcium	1 mg	5 mg
Sodium	3 mg	11 mg
Magnesium	13 mg	50 mg
Potassium	56 mg	223 mg
Vitamin A	84 IU	336 IU
Vitamin A	4 RAE	17 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.12 mg	0.19 mg



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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 Foods, please refer to the policy memo on the FDD Website at: http://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.