

Corn Grits, White, Enriched

MyPlate Food Group: **Grain**



Product Description

- White corn grits (hominy) may be coarse or fine ground. They have added thiamin, riboflavin, niacin, folic acid, and iron. Corn grits also have added vitamin D and calcium.

Storage

- Store unopened bags of white grits in a cool, clean, dry place.
- After opening, keep package tightly closed.
- Corn grits may be stored in the refrigerator in an air tight container not made from metal.

Uses and Tips

- Corn grits make a great side dish for fish, poultry, and meat dishes.
- Mix corn grits with garlic and cheese to add flavor.
- Corn grits can be served as a hot cereal for breakfast.

Nutrition Information

- ½ cup of cooked grits corn counts as 1 ounce in the MyPlate.gov Grains Group. For a 2,000-calorie diet, the daily recommendation is about 6 ounces.

Resources

- www.nutrition.gov
- www.foodsafety.gov

Nutrition Facts

Serving size: ½ cup (121g) white corn grits, cooked in water

Amount Per Serving	
Calories	70
Calories from Fat	0
-% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 16g	5%
Dietary Fiber 0.5g	2%
Sugars 0g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.

This sheet is intended for individuals and families receiving USDA Foods to use at home. Nutrient Values in the Nutrition Facts panel 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 panel or ingredient list for product-specific information.

Spoon Bread

Makes about 6 servings

Ingredients

Nonstick cooking spray
1 tablespoon margarine
2 eggs, beaten
1 cup white grits, cooked
1 cup low-fat milk
½ cup cornmeal
½ teaspoon salt

Directions

1. Preheat oven to 350 degrees F and spray an 8x8 -inch baking dish with nonstick cooking spray.
2. Combine margarine, eggs, and cooked grits in a medium bowl.
3. Stir in milk slowly, and then add cornmeal and salt. The batter should be thick, like a pudding. (Add more milk if the batter becomes too thick.) Pour into baking dish.
4. Bake for 35 to 45 minutes or until golden brown. Serve hot.

Tip

Spoon bread is a traditional southern dish; it is a soft-baked bread meant to be eaten with a spoon.

Recipe adapted from Food.com

Spicy Parmesan Grits

Makes about 8 servings

Ingredients

4 cups white grits, cooked
2 tablespoons hot peppers, chopped
(fresh or canned)
½ teaspoon cumin
½ teaspoon black pepper
¼ teaspoon garlic powder
¼ teaspoon salt
¼ cup Parmesan cheese, grated
1 teaspoon margarine

Directions

1. Prepare grits according to package directions.
2. When grits are almost done cooking, mix in hot peppers, garlic powder, salt, black pepper, parmesan cheese, and margarine. If using cumin, add that too.
3. Stir well and heat for 1 minute.

Tip

For spicier flavor, use cayenne pepper in place of black pepper.

Recipe adapted from Food.com