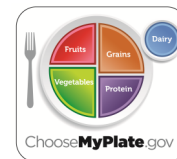


## Corn Grits, Yellow, Enriched

MyPlate Food Group: **Grain**



### Product Description

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

### Storage

- Store unopened bags of yellow 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 corn grits counts as 1 ounce from the MyPlate.gov Grain Group. For a 2,000-calorie diet, the daily recommendation is about 6 ounces.

### Resources

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.foodsafety.gov](http://www.foodsafety.gov)

### Nutrition Facts

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

#### Amount Per Serving

**Calories** 70      **Calories from Fat** 0

#### -% Daily Value\*

<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 285mg	<b>12%</b>
<b>Total Carbohydrate</b> 16g	<b>5%</b>
Dietary Fiber 0.5g	<b>2%</b>
Sugars 0g	
<b>Protein</b> 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.

# USDA Foods

## Flap Jacks

**Makes about 4 servings**

### Ingredients

- 1 cup yellow grits, dry
- 1/8 teaspoon salt
- 2 tablespoons sugar
- 1 cup boiling water
- 1/2 cup low-fat milk
- 1 egg
- 2 tablespoons margarine, melted
- 1/2 cup flour
- 2 teaspoons baking powder
- Nonstick cooking spray

## Directions

1. Combine grits, salt, and sugar in a bowl. Slowly add 1 cup boiling water. Cover and let stand for 10 minutes.
2. In a separate bowl, beat together milk, egg, and butter. Add to grits mixture.
3. Stir flour and baking powder into batter.
4. Heat a 10-inch skillet coated with nonstick cooking spray over medium heat.
5. Pour large spoonfuls (about 1/4 cup) of batter into the skillet.
6. Cook two flapjacks at once. Turn over when the surface is bubbly.
7. Serve warm alone, with fresh or canned fruit, or warm maple syrup.

*Recipe adapted from Food.com*

## Cheesy Grits

**Makes about 6 servings**

### Ingredients

- 2 cups water
- 1 chicken bouillon cube (if you like)
- 1 garlic clove, chopped
- 1/4 cup onion, chopped
- 1 tablespoon margarine
- 1/8 teaspoon black pepper
- 1 cup yellow grits, dry
- 1/4 cup evaporated milk
- 1/2 cup reduced-fat cheddar cheese, shredded

## Directions

1. Bring water, garlic, onion, margarine, and black pepper to a boil in a heavy saucepan. If using bouillon, add that too.
2. Stir in the grits slowly.
3. Reduce heat to low and cook, covered, 20 minutes, stirring once in a while until grits soften.
4. Remove from heat. Add evaporated milk and cheese and stir until cheese melts.

*Recipe adapted from Food.com*