



**DIRECTIONS:**

To make one 8 inch square pan of corn bread.

Combine: 1 cup cornmeal  
 1 cup flour  
 1/4 cup sugar  
 1 Tablespoon baking powder  
 1 teaspoon salt

Add: 1 egg  
 1 cup of milk

Mix: Lightly, may be lumpy.

Bake: 425° F from 15 to 17 minutes.

INGREDIENTS: Degerminated yellow corn meal.

SHELF LIFE: Best when stored in a cool dry place at temperatures between 55 and 70 degrees F.

Sealed to 30 years • Opened to 1 year

Please note: heat, moisture, oxygen and light will deteriorate this product if not stored properly.

# CORNMEAL



**NET WT 4 LBS (1.81 kg)**

**Nutrition Facts**

Serving Size 1/4 cup (43g)  
 Servings Per Container 42

**Amount Per Serving**

**Calories 160**      Calories from Fat 0

**% Daily Value\***

**Total Fat 0g**      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 0mg**      **0%**

**Total Carbohydrate 35g**      **12%**

Dietary Fiber 1g      **5%**

Sugars 0g

**Protein 3g**

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

\*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories	2,000	2,500
Total Fat	Less than	65 g	80 g	
Sat Fat	Less than	20 g	25 g	
Cholesterol	Less than	300 mg	300 mg	
Sodium	Less than	2400 mg	2400 mg	
Total Carbohydrate		300 g	375 g	
Dietary Fiber		25 g	30 g	

Calories per gram: Fat 9    Carbs 4    Protein 4



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Shelf life estimates are based on industry studies from sources deemed reputable. Since Harveston Farms™ has no control over individual storage practices, they must disclaim any liability or warranty for particular results.

AFTER OPENING: Reseal unused contents with plastic resealable lid. Refrigerate reconstituted items in an airtight container.

An oxygen absorbing packet is enclosed to preserve freshness. Please remove and discard when opening can.

This package is sold by weight, not volume. Some settling may have occurred due to shipping, handling or variation in product density.

Processed in a plant that handles wheat, eggs, dairy, soy, peanut and tree nuts.

Date opened \_\_\_\_\_

DH15-0811