



237
SERVINGS



SHELF LIFE
UP TO 30 YEARS

Shelf Life: Best when stored in a cool dry place at temperatures between 55° and 70° F (ideal humidity 15%).

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

FOOD STORAGE
EMERGENCY
EVERYDAY FOOD



Cornmeal

Nutrition Facts

Serving Size: 1/4 Cup (42g dry)
Servings Per Container: 237

Amount Per Serving	
Calories 150	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 34g	11%
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	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbs 4 • Protein 4

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DIRECTIONS:

To make one 8 inch square pan of cornbread:

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 15-17 minutes.

INGREDIENTS: Degerminated yellow cornmeal.

Contains oxygen absorber.
Discard immediately upon opening.