

CORN GRITS

FBZ

Description: Enriched corn grits that are not degermed. These grits are not stone-ground.

Physical Properties

Appearance	White/off white/cream-colored coarse granular product
Size	Minimum 90% - US #14 Screen

Organoleptic Properties

Flavor	Typical of grits.
--------	-------------------

Microbiological Properties

Standard Plate Count	Maximum: 800,000 cfu/g	Method: FDA BAM or AOAC equivalent
Coliform	Maximum: 2500 cfu/g	Method: FDA BAM or AOAC equivalent
Yeast	Maximum: 5000 cfu/g	Method: FDA BAM or AOAC equivalent
Mold	Maximum: <5000 cfu/g	Method: FDA BAM or AOAC equivalent

Packaging, Labeling, Storage

Packaging	Bag in box, food grade paper bag or to customer specification.
Receiving Conditions	Product should be shipped and handled in a sanitary manner.
Storage Conditions	Store in a dry, cool place.
Shelf Life	36 months (under optimum storage conditions).

Other

Gluten Status	This product (and if applicable its ingredients) by nature does not contain the gluten proteins found in wheat, rye or barley. This product has not been tested to verify gluten levels less than 20 ppm.
Natural Status	This product and/or its components does not meet the definition for all natural.
BE Status	This product does not contain bioengineered ingredients.
Vegan Status	This product does not contain any animal derived products including meat, milk, seafood, eggs, honey or bone char.
Halal Status	This product does not contain alcohol, natural L-cysteine extracted from hair or feathers, animal fats and/or extracts, bloods of any origin, blood plasma, pork and/or other meat by-products & alcohol is not used as a processing aid.
SDS Waiver	To the best of our knowledge this product is non-hazardous and not subject to the requirements of 29 CFR 1910.1200. Although this product does not require specific hazard precautions, users should take care to minimize personnel exposure and workplace contamination.



OliveNation LLC
 13 Robbie Road, Suite A4, Avon, MA 02322
www.OliveNation.com / 617-580-3667

CORN GRITS

FBZ

ALLERGEN STATEMENT

"Q #1: Does the item above contain any of the following allergens or their derivatives?"		"Q #2: Is the item above produced on equipment that comes in contact with any of the following allergens?"		"Q #3: Is the item above produced in a facility that uses or processes these allergens?"		ALLERGENS
YES	NO	YES	NO	YES	NO	
	X	X		X		MILK
	X	X		X		EGGS
	X	X		X		SOYBEANS
	X	X		X		WHEAT
	X		X		X	PEANUTS
	X	X		X		TREE NUTS
	X		X		X	FISH
	X		X		X	CRUSTACEAN SHELLFISH
	X	X		X		SESAME
	X	X		X		MUSTARD
	X	X		X		ADDED SULFITES

Equipment is cleaned and sanitized between production runs to prevent allergens from contaminating non-allergenic products.



OliveNation LLC

13 Robbie Road, Suite A4, Avon, MA 02322

www.OliveNation.com / 617-580-3667

CORN GRITS

FBZ

Ingredient Statement

Enriched corn grits (corn grits, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid)

Product Certifications

Certified Kosher Parve

Proximate Analysis

Protein	8.80	g
Carbohydrate	79.60	g
Moisture	10.00	g
Ash	0.40	g
Fat	1.20	g

Nutritional Analysis

Serving Size	100.00	g
Calories	364.40	
Total Fat	1.20	g
Saturated Fat	0.16	g
Trans. Fat	0.00	g
Cholesterol	0.00	mg
Sodium	1.00	mg
Total Carbohydrates	79.60	g
Dietary Fiber	1.60	g
Sugars	0.64	g
Protein	8.80	g
Vitamin A	0.00	IU
Vitamin C	0.00	mg
Calcium	2.00	mg
Iron	3.91	mg
Added Sugars	0.00	g
Vitamin D	0.00	mcg
Potassium	137.00	mg

CORN GRITS



STORE IN A DRY, COOL PLACE.

Nutrition Facts	
servings per container	
Serving size about 1/4 cup (40g)	
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrate 32 g	12%
Dietary Fiber 1 g	4%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%
Protein 4 g	
Vitamin D 0.0 mcg	0%
Calcium 0.8 mg	0%
Iron 1.6 mg	8%
Potassium 54.8 mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

White Hominy Grits are coarsely ground white corn kernels that are most often served as a porridge. Native American in origin, corn grits are now a staple of the southern United States. The light corn flavor and grainy texture allows for versatility.

- Coarse, granular texture
- Sweet, earthy corn flavor
- Naturally gluten free

BASIC PREP

Boil 2 cups of water. Slowly add 1 cup of White Hominy Grits, stirring often and scraping sides and bottom of pot well. Simmer until tender, about 12 minutes.

SUGGESTED USES

- Extremely versatile, grits can be flavored in any way desired
- Try with ham, shrimp, fish, eggs, cheese, gravy, fruit or plain with butter

RECIPE

Shrimp and Cheddar Grits

- 4 cups water
- 1 cup uncooked White Hominy Grits
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon chile flakes
- 4 tablespoons butter
- 2 cups shredded Cheddar cheese
- 18 medium shrimp, peeled, deveined and patted dry
- 1/2 pound bacon, chopped
- Juice and zest of 1 lemon
- 2 tablespoons chopped parsley
- 1 cup sliced green onions
- 1 clove garlic, minced
- 1 tomato, seeded and chopped

Bring water to a rapid boil in a medium saucepan. Pour in White Hominy Grits in a steady stream, while whisking. Add salt, pepper and chile flakes. Reduce heat to low and cook, stirring occasionally, until all liquid is absorbed and grits are tender, about 20 minutes. If pan gets too dry, add more water 1/2 cup at a time. Remove pan from heat, and add butter and cheese, stirring until melted and incorporated. Cover and keep warm until ready to serve. Fry bacon in a large skillet over medium heat until crisp. Drain on paper towels, leaving the bacon fat in pan. Increase heat to medium-high, and add shrimp to pan. Cook until shrimp turn pink, about 3 minutes. Add lemon, parsley, green onions, garlic, and tomatoes. Toss to incorporate, and remove from heat. Pour grits into a serving bowl, and top with shrimp mixture. Crumble bacon on top.

Makes 6 servings

This traditional breakfast dish from the low country of the coastal American South has enough flavor and complexity to satisfy as an entree as well. The key to great grits is not to rush the cooking process. Give the grits enough time to fully cook, stirring and adding more water if necessary until the perfect consistency is reached.

INGREDIENTS

Enriched Corn Grits (corn Grits, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid)



OliveNation LLC

13 Robbie Road, Suite A4, Avon, MA 02322

www.OliveNation.com / 617-580-3667

CORN GRITS

FBZ

COUNTRY OF ORIGIN DECLARATION

THIS PRODUCT ORIGINATES FROM UNITED STATES