

# Dave's Baking Company

## NUTRITION & ANALYSIS SHEET

**PRODUCT NAME:** Cornmeal Super Star-Whole Grain  
**PRODUCT CODE:** 150  
**PORTION SIZE:** 1.65 oz; 47 gm  
**PACKED:** 128  
**CASE NET WEIGHT:** 13.2 lbs  
**CASE DIMENSIONS:** 14"x13"x10"  
**PALLETIZING:** 9 tie X 7 hi

### MEAL CONTRIBUTION:

**EACH WHOLE GRAIN CORNMEAL SUPER STAR PROVIDES:** 1 serving of grain, contains minimum 16 gm flour, minimum 51% of the flour as whole grain.

### INGREDIENTS:

Whole grain wheat flour, enriched wheat flour (contains niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), whole grain cornmeal flour, water, vegetable oil (cottonseed oil), sugar, nonfat milk, dextrose, egg yolk, soy flour, baking powder, corn flour, salt, potato flour, lecithin, potassium sorbate, starch.

**Contains: Wheat, Egg, Soybean, Milk,**  
**(Manufactured in a Peanut Free Plant)**

Shelf life: 10 months frozen, 10 days room temp.  
Serving directions: Thaw at room temperature 6 hours  
Prior to serving

I certify that the above information is accurate at present on this date.

**Name:** David Aframian

**Title:** Vice President

**Signature:**



**Date:** January 4, 2018

### Nutritional Analysis

Per Serving

#### Basic Components

**Calories** 148

**Protein** 2.8 g

**Carbohydrates** 23 g

**Dietary Fiber** 1.5 g

**Sugar – Total** 12.2 g

**Fat – Total** 5 g

**Saturated Fat** 0.9 g

**Trans Fat** 0 g

**Cholesterol** 11 mg

**Vitamin A IU** 40 IU

**Vitamin C** 0 mg

**Calcium** 15 mg

**Iron** 1.1 mg

**Sodium** 91 mg

**Niacin** 0.38 mg

**Thiamin** 0.1 mg

**Riboflavin** 0.1 mg

**Calories from Fat** 45