



**BOB'S RED MILL**

**005306 - Polenta Organic 6009 B25**

This traditional style of polenta is certified organic. The imperative ingredient of the Italian dish polenta; also wonderful as a hot cereal.



# Nutrition Facts

Servings per Container **324**  
Serving size **1/4cup(46g)**

Amount per serving  
**Calories 70**

	% Daily Value*
<b>Total Fat</b> 4.5g	<b>6%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 0g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	<b>0%</b>
Calcium 24mg	<b>2%</b>
Iron 1mg	<b>6%</b>
Potassium 113mg	<b>2%</b>

\* 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.

## \* Benefits

One, 25 pound bulk bag  
USDA Certified Organic; Vegan; Vegetarian; Kosher Pareve  
Ready in 5 minutes  
Key ingredient for Italian entree, polenta  
Enjoyed as a hot cereal

## Ingredients

Organic corn

## Allergens

### May Contain:

- milk
- sesame
- soy
- tree nuts
- wheat

### Free From:

- crustaceans
- eggs
- fish
- peanuts

## Handling Suggestions

Keeps best refrigerated or frozen.  
Use as per recipe.

## Serving Suggestions

Grits may be eaten covered in gravy, cheese or butter and salt; or served with seafood, meats or vegetables. Grits also make a delightful breakfast when served as a hot cereal topped with milk and honey or brown sugar.

## Prep & Cooking Suggestions

Bring water and salt to a boil. Add Corn Grits and reduce heat. Cook slowly for about 5 minutes, stirring occasionally. Remove from heat, cover and let stand for a couple minutes.

## Product Specifications

Brand	Manufacturer	Product Category
BOB'S RED MILL	Bob's Red Mill Natural Foods	Cereal

MFG #	SPC #	GTIN	Pack	Pack Desc.
P101905	005306	00039978109194	1	1 / ea

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
25.5lb	25lb	No	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
26in	13in	4.5in	0.88ft3	5x16	730DAYS	32°F / 71°F



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### Nutrition Analysis - By Serving

Calories	70	Total Fat	4.5g	Sodium	0mg
Protein	3	Trans Fats	0g	Calcium	24mg
Total Carbohydrates...	4g	Saturated Fat	0g	Iron	1mg
Sugars	0g	Added Sugars	0g	Potassium	113mg
Dietary Fiber	3g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

### Additional Images

