



**GOLD MEDAL**

# 005655 - Mix Cornbread Honey

Honey cornbread mix in an easy, "just add water" format from Gold Medal(TM).  
Formulated to produce honey cornbread with sweet flavor and traditional texture.



## \* Benefits

Longer hold times and fresh flavor for less waste.  
Gold Medal breads offer desirable scratch-like appearance and melt-in-your-mouth texture.  
Made with no artificial colors or flavors.  
Available in cost effective, 5 pound bulk format.

## Nutrition Facts

Servings per Container **384**  
Serving size **1/4cupmix(35g)**

Amount per serving  
**Calories 140**

	% Daily Value*
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 310mg	<b>13%</b>
<b>Total Carbohydrate</b> 25g	<b>9%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 8g	
Includes 7g Added Sugar	<b>14%</b>
<b>Protein</b> 2g	
Vitamin D	<b>%</b>
Calcium 30mg	<b>2%</b>
Iron 1.1mg	<b>6%</b>
Potassium	<b>%</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.

## Ingredients

INGREDIENTS: ENRICHED FLOUR BLEACHED (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED CORN MEAL (CORN MEAL, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, PALM OIL, DEXTROSE, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE). CONTAINS 2% OR LESS OF: SALT, DRIED HONEY, SODIUM CASEINATE, WHEY PROTEIN CONCENTRATE, SOY FLOUR, NATURAL AND ARTIFICIAL FLAVOR, SOY LECITHIN, ANNATTO AND TURMERIC EXTRACT COLOR, EGG.

## ⚠ Allergens

### Contains:



## Handling Suggestions

Store in cool dry location.  
Cornbread Mix is not ready-to-eat and must be thoroughly cooked before eating.  
To prevent illness from naturally occurring bacteria in wheat flour, do not eat raw batter; wash hands and surfaces after handling.

## Serving Suggestions

1/4 cup mix (35g)

## Prep & Cooking Suggestions

Pour liquid into bowl. Add mix, mix until smooth. Fold in desired ingredients. Bake at 375° F, standard oven, 25-30 min.

## 📄 Product Specifications

Brand	Manufacturer	Product Category
GOLD MEDAL	GENERAL MILLS SALES INC.	Grocery

MFG #	SPC #	GTIN	Pack	Pack Desc.
16000-11455	005655	10016000114552	6	6 / 5.0 LBR

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
34.1lb	30lb	No	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.68in	11.75in	10in	1.07ft3	10x5	372DAYS	32°F / 95°F



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### Nutrition Analysis - By Serving

Calories	140	Total Fat	3.5g	Sodium	310mg
Protein	2	Trans Fats	0g	Calcium	30mg
Total Carbohydrates...	25g	Saturated Fat	1.5g	Iron	1.1mg
Sugars	8g	Added Sugars	7g	Potassium	
Dietary Fiber	1g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)		Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

### Additional Images

