



Nutrition Facts

Serving Size 1/4 cup dry (35g)

Serving Per Container 19

Amount Per Serving

Calories 120 Calories from Fat 5

% Daily Values*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 28g **9%**

Dietary Fiber 2g **8%**

Sugars 0g

Protein 2g **4%**

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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

BRAGGADOCIO CREAMY GRITS

1 CUP BRAGGADOCIO ORGANIC
WHITE CORN GRITS

4 CUPS MILK

1 CUP WATER

1 TSP SALT

1 TSP PEPPER

1 STICK OF BUTTER

Before cooking, pour Braggadocio Organic White Corn Grits into a bowl of cold water, stir and remove any husks that float to the surface. Strain in colander. In a heavy saucepan bring milk and water to a boil (you can also use all water or all milk). Slowly stir in the grits into the boiling mixture. Let the pot return to boil and cover with lid. Lower temperature to low to medium heat. Cook approximately 30 - 40 minutes, stirring occasionally. Grits are done when they have the consistency of cream of wheat. Stir in butter, salt and pepper, and serve. Makes approximately 6 servings.

INGREDIENT: Ground Organic White Corn



GROWN, MILLED AND PACKAGED BY:

MCKASKLE FAMILY FARM, LLC

BRAGGADOCIO, MO

www.mckasklefamilyfarm.com

573-757-6653

Certified Organic by Organic Crop
Improvement Association (OCIA)