



Southern City Flavors
780142 - Stone Ground Tennessee Grits
 See package for details



Nutrition Facts

Servings per Container **26**
 Serving size **35.0g (35g)**

Amount per serving
Calories 130

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 28g	10%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.3mg	2%
Potassium 30mg	1%

* 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

White Corn Grits

Ingredients

White Corn Grits

⚠ Allergens

Free From:



Handling Suggestions

Store in a cool dry place

Serving Suggestions

Use as a breakfast side dish. Also great as a meal with shrimp or beef

Prep & Cooking Suggestions

Add water, and bring to a boil, then simmer for 30 minutes

📄 Product Specifications

Brand	Manufacturer	Product Category
Southern City Flavors	Southern City Flavors	Grocery

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
856188003780	142	780142	10856188003787		12/16 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
13.5lb	13.5lb	United States	No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
10in	12in	8in	0.56ft3	15x4	712days	60°F / 77°F



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Nutrition Analysis - By Measure

Calories	130	Total Fat	0g	Sodium	0mg
Protein	3	Trans Fats		Calcium	0mg
Total Carbohydrates...	28g	Saturated Fat	0g	Iron	0.3mg
Sugars	0g	Added Sugars	0g	Potassium	30mg
Dietary Fiber	1g	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

