



GOLD MEDAL

061259 - 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.



Nutrition Facts

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

Amount per serving
Calories 140

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

* 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

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
GOLD MEDAL	GENERAL MILLS, INC.

MFG #	SPC #	GTIN	Pack	Pack Desc.
11455000	061259	10016000114552	6	6/5#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
30.9lb	30lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
15.6in	10.3in	11.9in	1.11ft3	10x1	0DAYS	40°F / 111°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	0mg
Dietary Fiber	1g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

