



Foodlist Summary Report
 For: # 0020 SO-STYLE CORNBREAD MIX 24/6 OZ.
 May 28, 2004

Total Weight: 170.00 g (0.37 lb.)
 Serving Size: 28.00 g (0.06 lb.)
 Serves: 6.07

Multi-Column

Basic Components

Calories	114.01	
Calories from Fat	35.62	
Calories from Saturated Fat	7.99	
Protein	2.58	g
Carbohydrates	17.48	g
Dietary Fiber	1.23	g
Soluble Fiber	0.61	g
InSoluble Fiber	0.46	g
Sugar - Total	1.94	g
Monosaccharides	0.01	g
Galactose	0	g
Glucose	0.01	g
Fructose	0	g
Disaccharides	1.19	g
Lactose	0.10	g
Sucrose	1.08	g
Maltose	0	g
Other Carbs	14.00	g
Fat - Total	3.96	g
Saturated Fat	0.89	g
Mono Fat	0.19	g
Poly Fat	0.36	g
Trans Fatty Acids	1.29	g
Cholesterol	15.21	mg
Water	1.63	g
Ash	0.83	g
KiloJoules	270.16	
Vitamins		
Vitamin A IU	36.99	IU
Vitamin A RAE	0.70	RAE
Vitamin A RE	1.40	RE
A - Carotenoid	1.40	RE
A - Retinol	0	RE
A - Beta Carotene	0	mcg
Thiamin-B1	0.08	mg
Riboflavin-B2	0.05	mg
Niacin-B3	0.73	mg
Niacin Equiv.	0.78	mg
Vitamin-B6	0.04	mg



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Vitamin-B12	0.68	mcg
Biotin	1.02	mcg
Vitamin C	0.02	mg
Vitamin D IU	0	IU
Vitamin D mcg	0	mcg
Vit E Alpha-Tocopherol	0.05	AToco
Vit E-Alpha Equiv.	0.06	mg
Vitamin E IU	0.08	IU
Vitamin E mg	0.06	mg
Folate	3.99	mcg
Folate DFE	3.95	DFE
Vitamin K	0.00	mcg
Pantothenic Acid	0.07	mg
Minerals		
Boron	0.02	mcg
Calcium	51.65	mg
Chloride	270.65	mg
Chromium	4.80	mcg
Copper	0.03	mg
Fluoride	0.32	mg
Iodine	0.71	mcg
Iron	0.87	mg
Magnesium	19.38	mg
Manganese	0.07	mg
Molybdenum	8.20	mcg
Phosphorus	166.18	mg
Potassium	64.16	mg
Selenium	2.63	mcg
Sodium	335.78	mg
Zinc	0.27	mg
Other Fats		
Omega 3 Fatty Acids	0.01	g
Omega 6 Fatty Acids	0.23	g

INGREDIENTS: ENRICHED WHITE AND YELLOW CORN MEAL (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED BLEACHED WHEAT FLOUR (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PARTIALLY HYDROGENATED SOYBEAN OIL, SUGAR, BUTTERMILK SOLIDS, WHOLE EGG SOLIDS, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), SALT, EGG WHITE SOLIDS, NATURAL FLAVORS, MONO AND DIGLYCERIDES, SODIUM SILICOALUMINATE.

Notes

PREHEAT OVEN TO 425 DEGREES. MIX 5 LBS. CORNBREAD MIX WITH 5 CUPS WATER. (FOR SMALLER BATCHES MIX 1 CUP OF MIX TO 1/3 CUP OF WATER). POUR MIX INTO LIGHTLY GREASED PAN. COOK FOR 25 TO 30 MINUTES.