



## Nutrition Facts About 25 servings per container Serving size 3 tablespoons (27g Amount per serving Calories 90 Daily Value Total Fat 0g Saturated Fat 0g Trans Fat 0g Cholesterol 0mg Cholesterol Omg Sodium Omg Total Carbohydrate 21g Dietary Fiber 1g Total Sugars 0g Includes 0g Added Sugars rotein 20 Protein 2g Iron 1mg 4% • Thiamin 0.1mg 10% Riboflavin 0.1mg 6% • Niacin 1.3mg 8% Folate 60mcg DFE 15% (42mcg Folic Acid) Not a significant source of vitamin D, calcium, and potassium. \* 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.

## **TRY ALL THREE RECIPES**

EASY CORN BREAD 1-1/4 cups all-purpose flour 3/4 cups QUAKER® or PEARL MILLING COMPANY® Enriched Corn Meal 1/4 cup sugar 2 teaspoons baking powder 1/2 teaspoons salt (optional) 1 cup skim milk 1/4 cup vegetable oil 2 egg whites or 1 egg, beaten Heat oven to 400°F. Grease 8 or 9-inch pan. Combine dry ingredients. Stir in milk, oil and egg, mixing just until dry ingredients are moistened. Pour batter into prepared pan. Bake 20 to 25 minutes or until light golden brown and wooden pick inserted in

brown and wooden pick inserted in center comes out clean. Serve warm. 9 SERVINGS

IF OUTER FRESHNESS SEAL IS BROKEN OR MISSING, DO NOT

## CRISPY HERBED CHICKEN 1/2 cup QUAKER® or PEARL MILLING COMPANY® Enriched Com Meal 1/4 cup all-purpose flour 2 tablespoons grated parmesan cheese 1-1/2 teaspoons Italian seasoning 1/4 teaspoon garlic salt (optional) 1/4 teaspo