



Yellow Cornbread Mix

- 0g trans fat per serving



NET WT. 7.5 OZ (0.47 LB) 213g

serving
suggestion



Nutrition Facts

Serving Size 1/4 cup dry mix (37g)
Makes about 1 muffin
Servings Per Container about 6

Amount Per Serving	Dry Baked	
Calories	150	160
Calories from Fat	35	45

% Daily Value**		
Total Fat 4g*	6%	8%
Saturated Fat 2g	9%	10%
Trans Fat 0g		
Cholesterol 0mg	0%	12%
Sodium 260mg	11%	11%
Total Carbohydrate 26g	9%	9%
Dietary Fiber 1g	4%	4%
Sugars 8g		
Protein 2g		
Vitamin A	0%	2%
Vitamin C	0%	0%
Calcium	4%	6%
Iron	6%	6%

* Amount in mix

**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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: ENRICHED BLEACHED FLOUR (BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED DEGERMED YELLOW CORN MEAL (DEGERMED YELLOW CORN MEAL, NIACIN, IRON [FERROUS SULFATE], THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, ANIMAL SHORTENING AND VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: TALLOW, SOYBEAN OIL) WITH PRESERVATIVE (BHT, CITRIC ACID), LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE), SALT, MODIFIED CORN STARCH.

CONTAINS: WHEAT.

Manufactured on shared equipment with products containing: Soy, Milk, Egg, Walnuts, Peanuts.

DISTRIBUTED BY: FOOD LION, LLC
SALISBURY, NC 28147.

For product questions or concerns, contact us at 1-800-210-9569.

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Easy Directions

PREPARE: Preheat oven to 400°F. Generously grease muffin pans or use paper liners.

BLEND: Corn Muffin mix, 1/3 cup 2% milk and 1 egg in medium size bowl. Stir until blended. Batter will be slightly lumpy. **DO NOT USE ELECTRIC MIXER.** Fill muffin pan 1/2 full.

BAKE: At 400°F for 15-20 minutes or until light brown. Remove from pans immediately.

Yield: about 6 muffins.

R5BCM54 R1



Cornbread Mix

