



QUICK COOKING POLENTA

Made from ground cornmeal, this rich and creamy Italian comfort food staple can be served as a side dish or used in a variety of recipes, from breads to desserts. Whether baked, grilled, fried or served creamy, our Medium Grain Polenta is an excellent gluten-free addition to your menu.



PRODUCT
OF ITALY





QUICK COOKING POLENTA MEDIUM GRAIN

NON-
GMO

Nutrition Facts

About 65 servings per container
Serving size 1/4 Cup Dry (35g)

Amount per serving
Calories 130

	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 29g	11%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 2mg	10%
Potassium 361mg	8%

*The % Daily Value 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.



INGREDIENTS

Cornmeal.

COOKING INSTRUCTIONS

Bring 8 cups of salted water to a boil. Slowly add 2 cups of polenta and stir over medium heat until mixture thickens. Remove after 3 minutes or more, after reaching desired thickness.

STORAGE INSTRUCTIONS

Store in a cool, dry place, away from direct exposure to heat and/or sunlight.

SPECS

Product Name	Quick Cooking Polenta
Item Number	02452
UPC Number	818646024522
Case Pack	4 / 5 lb Bags
Case Net Wt	20 lbs
TI x HI	10 x 7
Shelf Life	18 Months