



Revised By: ddavidson

Version Date: 09/28/2022

Bob's Red Mill Natural Foods

Product Specifications:

Product Name: Medium Cornmeal 25 lb

Product Number: P101080

Product Description: CORNMEAL MEDIUM are made from whole grain yellow corn, processed in accordance with 21 CFR Part 117 subpart B and in compliance with state and federal requirements for food safety and quality.

Ingredients: Whole Yellow Corn.

Allergen List: No Allergens.

Physical Properties:

Appearance: Light yellow flour with larger yellow corn pieces dispersed throughout.

Aroma: Clean scent comparable to corn with no rancid or off-odors.

Flavor: Clean flavor comparable to corn with no rancid or undesirable flavors.

Nutrition Facts	
Serving size	100g
Amount per serving	
Calories	376.00
% Daily Value*	
Total Fat 3.40g	4%
Saturated Fat 0.60g	3%
Trans Fat 0.00g	
Cholesterol 0.00mg	0%
Sodium 0.00mg	0%
Total Carbohydrate 79.20g	29%
Dietary Fiber 9.60g	38%
Total Sugars 2.10g	
Includes 0.00g Added Sugars	0%
Protein 7.20g	
Vitamin D 0.00mcg	
Calcium 1.25mg	
Iron 2.48mg	
Potassium 363.00mg	
* 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.	

Certifications:

Kosher Certification: Certified by OK Kosher

Non-GMO Certification:

Audit Certification: SQF Food Safety Code: Food Manufacturing, ed. 9

Organic Certification:

Gluten Free Certification:

Fair Trade Certified:

Country of Origin: United States of America