

HOT GRITS (ENRICHED)



ENRICHED GRAIN

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. enriched grains

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** ½ cup

RECIPE HACCP PROCESS: #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Cereal, Grits, Quick Preparation, #2122	2 quarts + 3 cups, dry
Water, Boiling, Municipal	3 3/4 gallons
Salt, Table, #2219	1/4 cups

DIRECTIONS

1. Bring water to a rolling boil in a braising pan or a large pot.
2. Slowly add grits and salt to water and stir to prevent lumps.
3. Heat for 5 minutes or until grits thicken. Stir as needed.
4. Transfer to steamtable pans and place on heated portion of service line.
5. Portion 1/2 cup serving with #8 scoop, 4 ounce ladle or 4 ounce spoodle per serving. Each portion provides 1/2 oz. eq. of enriched grains.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers.

NUTRIENTS PER SERVING

Calories	63	Dietary Fiber	0.79 g	Sodium	287.25 mg	Sat. Fat	0.06 g
Carbohydrates	13.57 g	Protein	1.31 g	Total Fat	0.30 g	Trans Fat	0.00 g