

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) |
|-----------------------------------------|----------------------------|
| Water, Hot, Municipal | 3 3/4 gallons |
| Cereal, Grits, Quick Preparation, #2122 | 2 quarts + 3 cups, dry |
| Salt, Table, #2723 | 1/4 cup |

DIRECTIONS

1. Bring the water to a rolling boil in a braising pan or a large pot.
2. Slowly add the grits and salt to the water and stir to prevent lumps from forming.
3. Heat for 5 minutes, or until grits thicken. Stir the grits as needed.
4. Transfer the grits to steamtable pans and place them on the heated portion of service line.
5. Portion ½ cup serving with #8 scoop, 4 ounce ladle or 4 ounce spoodle per serving. Each portion provides 1 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 |