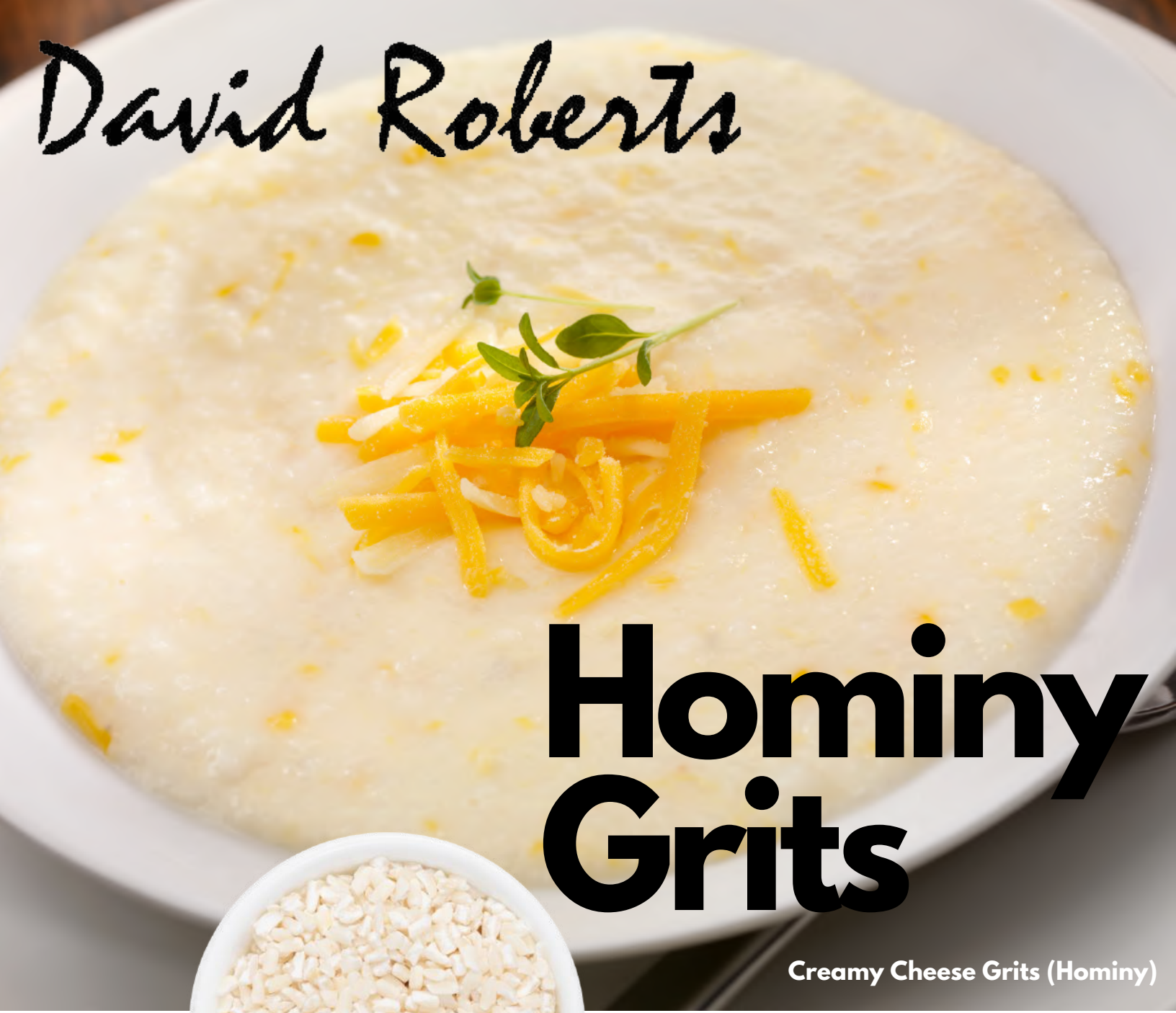


David Roberts



Hominy Grits

Creamy Cheese Grits (Hominy)



Hominy with Butter



Mexican Pozole (Hominy)

Hominy Grits



Shrimp and Cheddar Grits

White Hominy Grits are bland by nature, but can be flavoured with just about anything. They are traditionally prepared with a little butter, salt and pepper, and sometimes cheese. They are also delicious sweetened with maple syrup. Grits, like their cousin polenta, can be eaten creamy and soft or allowed to set up and then sliced and pan-fried for a different texture. Hominy grits are coarsely ground white corn kernels. It has a mild earthy corn flavour, and a coarse granular texture. This versatile product can be flavoured in any way desired.

Low in Fats, High in Iron, High in Fiber, & Cholesterol Free

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Nutrition Facts Valeur nutritive

Per (50 g)
pour (50 g)

Calories 180

% Daily Value*
% valeur quotidienne*

Fat / Lipides	0.5 g	1 %
Saturated / saturés	0.1 g	1 %
+ Trans / trans	0 g	

Carbohydrate / Glucides	40 g	
Fibre / Fibres	2 g	7 %
Sugars / Sucres	0 g	0 %

Protein / Protéines 4 g

Cholesterol / Cholestérol 0 mg

Sodium 1 mg 1 %

Potassium 75 mg 2 %

Calcium 0 mg 0 %

Iron / Fer 2.25 mg 13 %

*5 % or less is a little,

15 % or more is a lot

*5 % ou moins c'est peu,

15 % ou plus c'est beaucoup

@DAVIDROBERTSFOOD

David Roberts