

## **Baking Ingredients**

**Cornmeal**

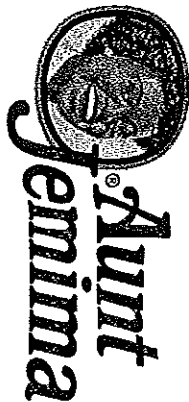
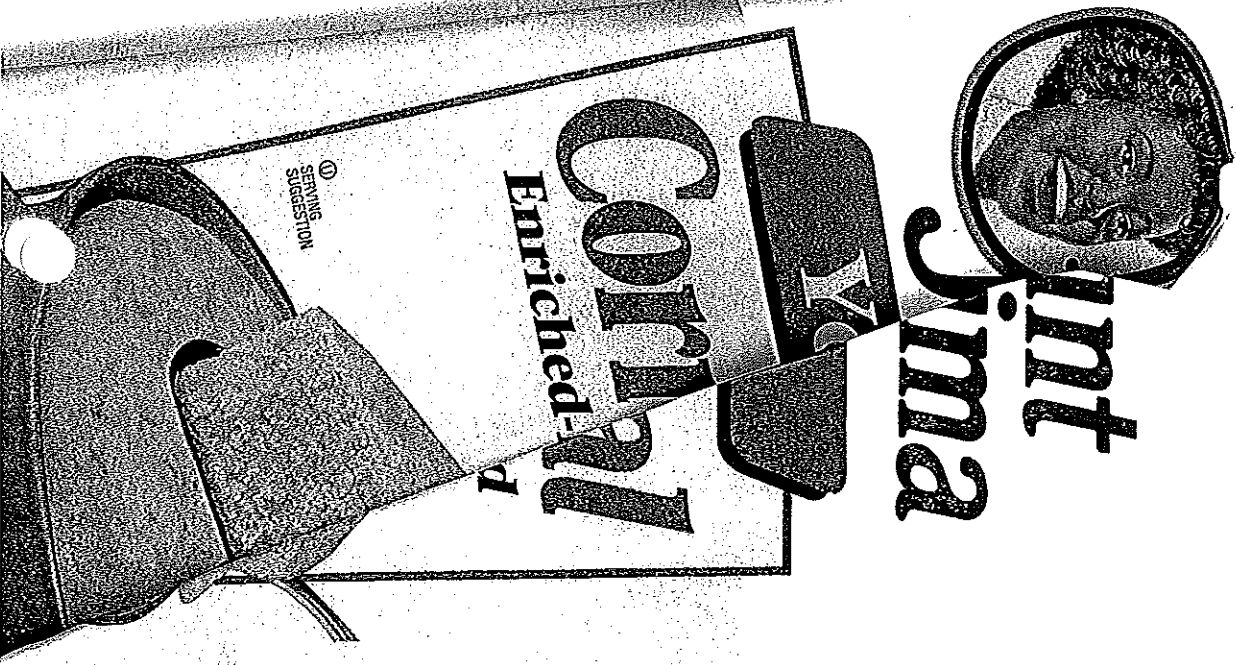
**Cornstarch**

**Flour, All Purpose**

**Sugar, Brown Dark**

Cornmeal  
Ing# 905962

MAR 05



**Nutrition Facts**

Serving Size 3 Tbsp (27 g)  
Servings Per Container 84

Amount Per Serving	Calories from Fat 5
% Daily Value*	
<b>Calories 90</b>	
<b>Total Fat 0.5g</b>	<b>1%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 21g</b>	<b>7%</b>
<b>Dietary Fiber 2g</b>	<b>6%</b>
<b>Protein 2g</b>	
<b>Vitamin A</b>	<b>2%</b>
<b>Iron</b>	<b>4%</b>
<b>Thiamin</b>	<b>10%</b>
<b>Riboflavin</b>	<b>4%</b>
<b>Niacin</b>	<b>6%</b>
<b>Folic Acid</b>	<b>10%</b>

Not a significant source of Saturated Fat, Trans Fat, Cholesterol, Sugars, Vitamin, Calcium.

\*Percent Daily Values are based on a diet of 2,000 calories per day. Your daily values may be higher or lower depending on your individual needs.

	Calories: 2,000	2,500
<b>Total Fat</b>	Less than 5g	80g
<b>Sat Fat</b>	Less than 2g	25g
<b>Cholesterol</b>	Less than 50mg	300mg
<b>Sodium</b>	Less than 100mg	2,400mg
<b>Total Carbohydrate</b>	40g	375g
<b>Dietary Fiber</b>	5g	30g

**Ingredients:** Degerminated yellow corn meal, niacin, reduced iron, riboflavin, folic acid, thiamin, and vitamin B6.

**ONE SERVING VITAMINS**

For questions, comments, call 1-800-4-AUNT JEMIMA (304-2-19). Please refer to package when calling.

304-2-19

Corn Starch  
Ing #905965

Store In A  
Cool, Dry Place

# Classic SYSCO

## PURE CORN STARCH®

### 75% More Thickening Power Than Flour

### Thickens Gravies, Sauces And Desserts

031705 • 4073441  
DISTRIBUTED BY SYSCO CORPORATION  
HOUSTON, TEXAS 77077-2099

- EASY RULES OF THUMB**
1. 1 Tablespoon of CLASSIC Corn Starch = 2 Tablespoons flour.  
To use CLASSIC Corn Starch for thickening gravies, sauces, soups and stews, when your recipe calls for flour, use half as much CLASSIC Corn Starch as flour.
  2. 1 Tablespoon CLASSIC Corn Starch will thicken 1 1/2 to 2 cups liquid when used for sauces and gravies.
  3. To Thicken Hot Liquids  
Use an equal amount of CLASSIC Corn Starch with an equal amount of cold liquid. Mix until smooth before adding to hot liquid.
  4. To Substitute Cake Flour  
To make the equivalent of 1 cup cake flour, place 2 Tablespoons CLASSIC Corn Starch in a measuring cup, then fill cup with sifted all-purpose flour. Sift together 3 times.

Amount/Serving		Calories from Fat 0	
Calories 30		% Daily Value*	
Total Fat	0g	0%	
Trans Fat	0g		
Sodium	0mg	0%	
Total Carbohydrate	7g	2%	
Protein	0g		

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENT: Corn Starch

NET WT 1 LB (16 OZ) 454g

MFG # 100Z

Flour

NET WT. <sup>1ngtt</sup>  
10 LB  
(4.53 kg)

902940



# GOLD MEDAL<sup>®</sup> HOTEL & RESTAURANT<sup>®</sup>

Nutrition Facts	
Serving Size 1/4 cup (30g)	
Servings Per Container About 151	
Amount Per Serving	
<b>Calories 100</b>	
	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Potassium</b> 30mg	<b>1%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber less than 1g	<b>4%</b>
Other Carbohydrate 22g	
<b>Protein</b> 3g	
Iron	6%
Thiamin	10%
Riboflavin	6%
Niacin	8%
Folic Acid	10%

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, sugars, vitamin A, vitamin C and calcium.  
\* Percent Daily Values are based on a 2,000 calorie diet.

TRADEMARK  
**BAKERS**  
**ALL-PURPOSE ENRICHED  
FLOUR BLEACHED**

INGREDIENTS: WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID.

MANUFACTURED BY  
**General Mills Operations, Inc.**  
GENERAL OFFICES  
MINNEAPOLIS, MINNESOTA 55440 USA

[www.gmflour.com](http://www.gmflour.com)  
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## HOTEL & RESTAURANT



# 14473

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AK  
AGING

ZIPPAK  
RESEALABLE PACKAGING

ZIPPAK  
RESEALABLE PACKAGING

216 (35)

Brown Sugar, Dark  
Ing # 90398Z

40033B717

Resealable  
ZIPPER

Pure  
**CANE SUGAR**

Flavor that's deep, rich and real. Good cooks know that many brands of brown sugar aren't naturally brown at all, rather they are white sugar sprayed with a coating of molasses. C&H Dark Brown Sugar is authentic, 100% pure cane sugar that's naturally brown through and through.

Its natural moistness and deep rich molasses flavor make it ideal for full-flavored or savory recipes, including brownies, gingerbread, coffee & chocolate cakes, fudge, BBQ sauce, marinades, sweet & sour sauce and pancake syrups. When you go to the effort to bake up something fresh for your family, don't settle for anything less.

**CEDAR PLANKED SALMON WITH BROWN SUGAR**

- 2 1/2 lb. Salmon center-cut fillet with skin
- 1/2 to 1 cup C&H Pure Cane Dark Brown Sugar, packed
- Sea salt & pepper to taste
- Water
- 1 cup dry red wine (optional)
- Cedar plank (available at kitchen stores and specialty markets)

Soak the cedar plank in water and wine for 30 minutes. Wash and pat dry salmon; season with salt and pepper to taste. Place fillet, skin side down, on wet plank. Cover entire fillet with brown sugar. For charcoal or gas grilling, use indirect heat method; cover grill and cook for 12 minutes. Serves 6 to 8.

\*Indirect cooking means the coals will be arranged away from the food. Place a foil drip pan (large enough to cover the surface below the food) in the center of the fire-box and position the coals all around the pan, using long-handled tongs. For a gas or electric grill, follow manufacturer's directions for indirect cooking. For 2- or 3-burner units, one burner is usually turned off after preheating and the food is placed over the unit burner. For 1-burner units, the burner is turned to LOW.

Another Recipe from *Jean Porter*

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Visit us at [www.chsugar.com](http://www.chsugar.com) for more scrumptious, "spoil-your-family" recipes and helpful tips and suggestions!

**Storage:** To retain moistness, brown sugar is best kept stored in an airtight container, away from light and heat.  
**To soften brown sugar:** Brown sugar will occasionally lose its natural moistness and become hard. To restore it, place in oven-proof container, cover and warm in 250° oven until soft - OR - in microwave container, heat on high, checking every 30 seconds. Caution! Sugar will be HOT! When soft, immediately measure desired amount. As sugar cools, it will harden again.

**NET WT 32 OZ (2 LB) - APPROXIMATELY 4 2/3 CUPS FIRMLY PACKED SUGAR**

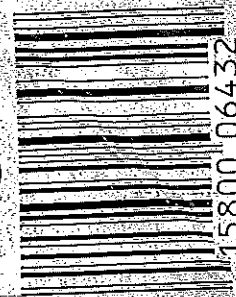
**Nutrition Facts**

Serving Size 1 Teaspoon (4g)  
Servings Per Container About 227

Amount Per Serving	
<b>Calories 15</b>	
	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Sugars 4g	
<b>Protein</b> 0g	

\*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENT: Brown Sugar  
Distributed by  
Domingo Foods, Inc., Yonkers, NY 10705



0 15800 06432 9  
C&H PROOF OF PURCHASE  
2LB DARK BROWN

NET WT 2.12 (32 OZ) 90

DARK BROWN

