



Forging a Bond Between Organic Producers and Consumers

2109 Frederick St., Oakland, CA 94606 USA, www.cooknaturally.com
(510) 534-2665 (800) 537-7589 Fax: (510) 534-2509

Specification Sheet

Yellow Corn Polenta

General Requirements:

Degerminated Yellow Corn Polenta is obtained by milling clean, sound yellow corn of the best quality under sanitary conditions. The germ and bran are removed in the milling process. This product shall comply with the Federal Food Drug and Cosmetic Act. The product shall be free of any objectionable foreign material and odors. This product contains no additives or preservatives.

Chemical Properties:

Proximate composition

Moisture	13.5% Maximum
Protein	7.0% Minimum
Fat	2.0% Maximum
Dietary Fiber	8.0% Maximum
Ash	1.0% Maximum

Physical Properties:

Granulation (50g sample; Ro-Tap for 5 minutes)

On US #10	1% Maximum
On US #14	5-20%
On US #20	40-60%
On US #30	15-30%
On US #40	5-15%
On US #60	10% Maximum
Thru US #60	5% Maximum

Aflatoxin

To comply with federal tolerances

Pesticide Residue:

To comply with federal tolerances

Extraneous Matter:

To comply with federal tolerances

Storage:

Degerminated Yellow Corn Polenta should store up to 6 months in a cool dry environment.



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Nutritional Analysis

Yellow Corn Polenta

Nutrient	Amount Per 100g	Amount Per Serving	% Standard Per Serving
Calories	366.0g	103.8g	
Protein	8.49g	2.407g	4.8%
Carbohydrates	77.7g	22.03g	7.3%
Sugars	0.1g	0.0284g	
Other Carbs	70.2g	19.9g	
Dietary Fiber	7-4g	2.098g	8.4%
Fat - Total	1.616g	0.4706g	0.7%
Saturated Fat	0.225g	0.0638g	0.3%
Mono Fat	0.412g	0.1168g	
Poly Fat	0.71g	0.2013g	
Cholesterol	0.0mg	0.0mg	0.0%
Ash	0.6g	0.1701g	
Water	11.6g	3.289g	
Total Vit A	41.0RE	11.62RE	1.2%
A - Retinol	0.0RE	0.0RE	
A - Carotenoid	41.0RE	11.62RE	
Thiamin - B1	0.14mg	0.0397mg	2.6%
Riboflavin-B2	0.05mg	0.0142mg	0.8%
Niacin - B3	1.0mg	0.2835mg	1.4%
Niacin Equiv.	1.0mg	0.2835mg	1.4%
Vitamin B6	0.257mg	0.0729mg	3.6%
Vitamin B12	0.0mcg	0.0mcg	0.0%
Folate	48.0mcg	13.61mcg	3.4%
Pantothenic	0.312mg	0.0884mg	0.9%
Vitamin C	0.0mg	0.0mg	0.0%
Vitamin D	0.0mcg	0.0mcg	0.0%
Vit E-Alpha Eq.	0.15mg	0.0425mg	0.2%
Calcium	5.0mg	1.418mg	0.1%
Copper	0.078mg	0.0221mg	1.1%
Iron	1.11mg	0.3147mg	1.7%
Magnesium	40.0mg	11.34mg	2.8%
Manganese	0.105mg	0.0298mg	
Phosphorus	84.0mg	23.81mg	2.4%
Potassium	162.0mg	45.93mg	1.3%
Selenium	0.0mcg	0.0mcg	
Sodium	3.0mg	0.8505mg	0.0%
Zinc	0.72mg	0.2041mg	1.4%