



BERNARD
FOOD INDUSTRIES, INC.®

SUGAR FREE
LOW SODIUM

LOW FAT
CHOLESTEROL FREE

DIET
CORNBREAD MIX

REORDER 540063

Bernard brand Dietary Cornbread & Muffin Mix is no longer a regional item enjoyed mainly in the southern part of the United States. **Bernard brand Dietary Cornbread & Muffin Mix** can now be enjoyed everywhere in the country and everywhere a superb dietary bakery mix can enhance a special diet need.

Diabetic Exchange: A 2" x 2" square or 1 muffin is approximately equal to 1 bread exchange.

YIELD PER CASE: 144 – 2 oz. servings
or 12 – 9" x 13" sheet pans

PACK SIZE: 12 @ 16 oz.

Nutrition Facts

Serving Size 1/12 package (38g mix)
Servings Per Container 12

Amount Per Serving

Calories 130 Calories from Fat 20

% Daily Value *

Total Fat 2.5 g **4%**
Saturated Fat 1 g 4%
Trans Fat 0 g

Cholesterol 0 mg **0%**

Sodium 50 mg **2%**

Potassium 290 mg **8%**

Total Carbohydrate 27 g **9%**

Dietary Fiber < 1 g 2%

Sugars 0 g

Sugar Alcohol 11 g

Protein 4 g **7%**

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 8%

* Percent Daily Values are based on a 2000 calorie diet. Your values may be higher or lower depending on your needs:

| | | Calories: | 2,000 | 2,500 |
|--------------------|-----------|-----------|---------|-------|
| Total Fat | Less than | 65 g | 80 g | |
| Saturated Fat | Less than | 20 g | 25 g | |
| Cholesterol | Less than | 300 mg | 300 mg | |
| Sodium | Less than | 2400 mg | 2400 mg | |
| Total Carbohydrate | | 300 g | 375 g | |
| Dietary Fiber | | 25 g | 30 g | |

Ingredients: ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SORBITOL, CORN MEAL, LECITHINATED SOY FLOUR, SHORTENING POWDER (PALM OIL, CORN SYRUP SOLIDS, SODIUM CASEINATE, DIPOTASSIUM PHOSPHATE, MONOGLYCERIDES, SODIUM SILICOALUMINATE), DRIED EGG WHITE WITH SODIUM LAURYL SULFATE, POTASSIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE, EMULSIFIER (PROPYLENE GLYCOL MONO AND DIESTERS OF FATS AND FATTY ACIDS, MONO AND DIGLYCERIDES, NONFAT MILK, PALM OIL AND DISODIUM PHOSPHATE), XANTHAN GUM, ARTIFICIAL FLAVOR.

Contains MILK, EGG, WHEAT, SOY