

Corn Starch 鷹粟粉

鷹[®] 粟 粉

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CASSEROLES: Mix 2 cups Medium White Sauce with 4 cups cooked, cubed meat, poultry, fish and/or vegetables. Turn into 1 1/2 qt. casserole. Top with buttered bread crumbs. Bake in 375°F oven 25 minutes. Makes 4 servings.

SAUCY VEGETABLES: Cook 1 package (10 oz.) frozen vegetables until crisp. Drain, adding water to make 1 cup. Stir in 1 tbsp. **KINGSFORD'S** Corn Starch until smooth. Mix vegetables, liquid and 1 bouillon cube. Bring to boil over medium heat, stirring constantly, and boil 1 minute. Add 1 tbsp. Margarine. Makes 4 servings.

EASY PUDDINGS: Vanilla — Mix 1/3 cup sugar, 1/4 cup **KINGSFORD'S** Corn Starch and 1/8 tsp. salt. Gradually stir in 2 3/4 cups milk. Bring to a boil over medium heat, stirring constantly, and boil 1 minute. Remove from heat. Stir in 2 tbsp. Margarine and 1 tsp. vanilla. Chill. Makes 2 1/2 cups. **Chocolate** — Increase sugar to 2/3 cup and add 3 tbsp. unsweetened cocoa with Corn Starch.

FRESH BERRY PIES: Mix 2 1/2 tbsp. **KINGSFORD'S** Corn Starch and 1 cup sugar. Toss with 4 cups fresh blueberries or sliced strawberries. Turn into pastry lined 9-inch pie plate. Cover with top crust, cut several slits near center, seal and flute edge. Bake in 425°F oven 35-45 minutes or until browned.

EASY RULE OF THUMB
1 tablespoon **KINGSFORD'S** equals 2 tablespoon flour. To use **KINGSFORD'S** Corn Starch for thickening gravies, sauces, soups and stews when your recipe calls for flour, use half as much Corn Starch as flour.

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淨重 1 磅 / 454 克

Photo by: Wing Shan Li, Hunter College, Dietetic Intern

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Nutrition Facts/營養標示	
Serv. Size/每一份 8g/克	
Servings per container/份 56	
Amount Per Serving/每份	
Calories/能量 30 kcal/千卡	Fat cal./脂肪卡 0
% Daily Value*/每日攝取量百分比*	
Total Fat/總脂肪 0g/克	0%
Saturated Fat/飽和脂肪 0g/克	0%
Trans Fat/反式脂肪 0g/克	
Polyunsat. Fat/多不飽和脂肪 0g/克	0%
Monounsat. Fat/單不飽和脂肪 0g/克	0%
Cholesterol/膽固醇 0 mg/毫克	0%
Sodium/鈉 0mg/毫克	0%
Potassium/鉀 Not Available	
Total Carb./碳水化合物 7g/克	2%
Fiber/纖維 Not Available	
Sugars/糖 Not Available	
Protein/蛋白質 0g/克	
Vitamin/維他命 A 0% • Vitamin/維他命 C 0%	
Calcium/鈣 0% • Iron/鐵 0%	
* Percent Daily Values are based on a 2,000 calorie diet.	
* 每日建議攝取量的百分比是基於2,000卡路里熱量的食物要求	

Ingredients/成分: corn starch

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