

Ingredients: Raw white corn, water, hard wood ash.

Corn Bread Recipe:
1½ cups Kanásthohale flour.

½ cup cooked beans (kidney, red, pinto).
1½ cups boiling water.

Use a 6 qt. kettle add 5 qts. of water, bring to boil. Combine flour, beans and boiling water to form your corn bread. Add a little more boiling water as needed for a consistency of clay. Dip hands in cold water to form bread, as dough is hot. Form dough ball and flatten to 5" wheel. Simmer in boiling water for 30-35 mins.

Kanásthohale Flour

Each



Nutrition Facts

Serving Size ¼ cup (32g)
Servings Per Container 12

Amount Per Serving

Calories 120 Calories from Fat 15

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0 mg **0%**

Sodium 0 mg **0%**

Total Carbohydrate 23g **8%**

Dietary Fiber 4g **16%**

Sugars 1g

Protein 3g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 4%

*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

Kanásthohale Flour



Net Wt. – 1 lb. (454g)

Packaged Date

Distributed by tsyunhékwa

Processed by Oneida Cannery, Oneida, WI 54155