

# Canned Corn

<b>Servings:</b>	250.00
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	Same Day Service

Canned Corn

## Nutrition Information

<b>Calories</b>	115.60	<b>Protein</b>	2.48g
<b>Fat</b>	3.03g	<b>SaturatedFat</b>	1.14g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	4.87mg
<b>Carbohydrates</b>	21.12g	<b>Fiber</b>	2.48g
<b>Sugar</b>	4.97g	<b>Sodium</b>	188.50mg
<b>Iron</b>	0.00mg	<b>Vitamin C</b>	4.47mg
<b>Vitamin A</b>	64.92IU	<b>Calcium</b>	0.00mg

## Ingredients

**1260 Fluid Ounce** CORN WHL KERNEL R/SOD 6-10 P/L

**2 1/2 Cup** BUTTER PRINT SLTD GRD AA 36-1# GFS

**3 Teaspoon** Black Pepper

BAKE

## Preparation Instructions

Wipe off the tops of 12 cans. Using 3 stock pots, add 2 cans with juice and 2 cans without juice per pot. Add 1# of butter (1/2 a stick) and 1 teaspoon of black pepper per pot.

Bring to a boil and simmer for 1 hour. Place in steam table.