

Frozen Corn

Servings:	250.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	Same Day Service

Frozen Corn

Nutrition Information

Calories	98.86	Protein	2.12g
Fat	2.85g	SaturatedFat	1.36g
Trans Fat	0.00g	Cholesterol	5.84mg
Carbohydrates	17.17g	Fiber	0.71g
Sugar	7.28g	Sodium	17.53mg
Iron	0.00mg	Vitamin C	2.54mg
Vitamin A	77.91IU	Calcium	0.00mg

Ingredients

960 Fluid Ounce CORN CUT SUPER SWT 6-4 GFS
3 Cup BUTTER PRINT SLTD GRD AA 36-1# GFS
3 Cup SUGAR CANE GRANUL 25# GFS
3 Teaspoon Black Pepper

BAKE

Preparation Instructions

In 2 stock pots equally divide the corn, add 1 cup of butter, 1 cup of sugar and 1 tsp of black pepper per pot, plus 2 quarts of water.

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