

Frozen Corn

NO IMAGE

Servings:	250.00	Category:	Vegetable
Serving Size:	1.00 1/2 cup	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT SUPER SWT 6-4 GFS	48 Pound		851329
BUTTER PRINT SLTD GRD AA 36-1 GFS	2 Cup		191205
SUGAR CANE GRANUL 25 GFS	2 Cup		108642
Black Pepper	2 Tablespoon	BAKE	24108

Preparation Instructions

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

Bring to a boil within 1 hour and hold either on the stove or in the hot steam table.

Serve with 1/2 cup spoodle.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Nutrition Facts

Servings Per Recipe: 250.00

Serving Size: 1.00 1/2 cup

Amount Per Serving			
Calories		47.22	
Fat		1.69g	
SaturatedFat		0.90g	
Trans Fat		0.00g	
Cholesterol		3.84mg	
Sodium		11.52mg	
Carbohydrates		7.55g	
Fiber		0.29g	
Sugar		3.54g	
Protein		0.86g	
Vitamin A	10.24IU	Vitamin C	1.03mg
Calcium	0.00mg	Iron	0.00mg