

Confetti Corn Salad



Servings:	48.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48409

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT SUP SWT RSTD	5 Pound		319202
PEPPERS COLORED MIXED ASST	8 Each		491012
CELERY STIX	1 Quart 1 Pint (6 Cup)		781592
CARROT DCD 1/4IN	1 Quart		200972
ORANGES NAVEL/VALENCIA FCY	1/2 Teaspoon	zest	198021
SALT SEA	1 Teaspoon		748590
OIL BLND CANOLA/XVGRN 80/20	9/16 Cup		645182
VINEGAR APPLE CIDER 5	1 Cup		430795
SUGAR BROWN LT	3 Fluid Ounce		860311
SPICE OREGANO GRND	2 Teaspoon		513725
Water	1/4 Cup	READY_TO_DRINK	Water

Preparation Instructions

Stem, core and seed peppers. Cut into 1/4 " pieces.

Trim Celery and cut into 1/4" pieces.

Whisk vinegar, oil, sugar, water, oregano, salt and orange zest in a small bowl until well combined.

Mix the peppers, celery, carrots and corn in a large bowl. Drizzle with the dressing and toss to coat.

Let stand for 15 minutes to 1 hours before serving to allow flavors to combine.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.130
Legumes	0.000
Starch	0.250

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	40.10
Fat	2.66g
SaturatedFat	0.19g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	73.69mg
Carbohydrates	4.09g
Fiber	0.93g
Sugar	3.00g
Protein	0.45g
Vitamin A 2115.40IU	Vitamin C 20.05mg
Calcium 14.81mg	Iron 0.11mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available