

Corn- Steamed PK

Servings:	48.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45365
School:	Walton-Verona Early Childhood Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER SUB	1/4 Cup		209810
CORN CUT SUPER SWT	1 #10 CAN		851329

Preparation Instructions

Mix items together steam to 165F and Hold at 135F or higher.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.269

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.25 Cup

Amount Per Serving			
Calories	32.76		
Fat	0.40g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.00mg		
Carbohydrates	6.60g		
Fiber	0.80g		
Sugar	2.41g		
Protein	0.80g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available