

Corn- Steamed

| | | | |
|----------------------|--------------------------|-----------------------|------------------|
| Servings: | 96.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-44213 |
| School: | Walton-Verona Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------|---------------|-------------------|------------|
| BUTTER SUB | 1 Package | | 209810 |
| CORN CUT SUPER SWT | 4 #10 CAN | | 851329 |
| SEASONING SIX PEPR BLEND | 2 Fluid Ounce | | 229580 |

Preparation Instructions

CCP Heat to 165 F or higher for at least 15 seconds

CCP Hold at 135 F 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 | 0.539 |

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

| Amount Per Serving | | | |
|--------------------|----------|-----------|--------|
| Calories | 71.34 | | |
| Fat | 0.80g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 114.98mg | | |
| Carbohydrates | 14.87g | | |
| Fiber | 1.61g | | |
| Sugar | 4.83g | | |
| Protein | 1.61g | | |
| 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
