

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 #
CORN CUT SUPER SWT	1 #10 CAN		851329

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	0.269

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.25 Cup

Amount Per Serving			
Calories	32.17		
Fat	0.40g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	6.43g		
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