

CORN ON THE COB

NO IMAGE

| | | | |
|----------------------|------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-23474 |
| School: | Manchester High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------|--------------|-------------------|------------|
| CORN COB SUPER SWT | 1 Each | | 851337 |
| BUTTER PRINT SLTD GRD AA | 1 Tablespoon | | 191205 |

Preparation Instructions

No Preparation Instructions available.

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 | 0.500 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|---------------------------|---------|------------------|--------|
| Calories | 180.00 | | |
| Fat | 12.00g | | |
| SaturatedFat | 7.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 30.00mg | | |
| Sodium | 90.00mg | | |
| Carbohydrates | 15.00g | | |
| Fiber | 2.00g | | |
| Sugar | 6.00g | | |
| Protein | 2.00g | | |
| 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