

# Mexican Corn

<b>Servings:</b>	10.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45046
<b>School:</b>	Union Township Middle School/Wheeler High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN SUPER SWT	2 Pound		358991
Tajin Seasoning	1 Teaspoon		958969
MAYONNAISE	1/8 Cup		631411

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.500

### Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	121.15		
<b>Fat</b>	3.29g		
<b>SaturatedFat</b>	0.42g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.08mg		
<b>Sodium</b>	86.40mg		
<b>Carbohydrates</b>	21.28g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	5.02g		
<b>Protein</b>	3.01g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.31mg	<b>Iron</b>	0.00mg

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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