

Corn-Northwood High

Servings:	64.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19596

Ingredients

Description	Measurement	DistPart #
Corn, Whole Kernel, Frozen, No Salt added	2 Gallon	100348
SPICE BLND ORIG 3-21Z MDASH	1 Tablespoon	265103
BUTTER PRINT UNSLTD GRD AA	1/4 Cup	299405

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: 64.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	73.25
Fat	1.69g
SaturatedFat	0.44g
Trans Fat	0.00g
Cholesterol	1.88mg
Sodium	1.00mg
Carbohydrates	16.00g
Fiber	2.00g
Sugar	3.00g
Protein	2.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 0.19mg	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