

Buttered Corn

Servings:	165.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12139
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF	30 Pound		285620
BUTTER PRINT UNSLTD GRD AA	1 Pound		299405
SALT IODIZED 24-26Z GFS	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		108308
SPICE PEPR BLK REG FINE GRIND	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		225037
SPICE GARLIC POWDER	1 Fluid Ounce		224839
SPICE ONION POWDER	1 Fluid Ounce		126993

Preparation Instructions

Place frozen corn in a 2 inch steam pan. Steam for 20 minutes. Make sure that temperature is to 155 degrees. Once at temperature put vegetables in 4 inch pan. Add butter, salt, pepper, garlic and onion powder to vegetables and place in hot hold until ready for service.

Updated 12.16.24

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: 165.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	116.36
Fat	3.10g
SaturatedFat	1.36g
Trans Fat	0.00g
Cholesterol	5.82mg
Sodium	127.88mg
Carbohydrates	20.51g
Fiber	0.97g
Sugar	4.85g
Protein	2.91g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 0.68mg	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