

# Corn- Steamed

NO IMAGE

|                      |                          |                       |                  |
|----------------------|--------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 96.00                    | <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-44213          |
| <b>School:</b>       | Walton-Verona Elementary |                       |                  |

## Ingredients

| Description              | Measurement   | Prep Instructions | DistPart # |
|--------------------------|---------------|-------------------|------------|
| BUTTER SUB               | 1 Package     |                   | 209810     |
| CORN CUT SUPER SWT       | 4 #10 CAN     |                   | 851329     |
| SEASONING SIX PEPR BLEND | 2 Fluid Ounce |                   | 229580     |

## 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

|                 |       |
|-----------------|-------|
| <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>   | 0.539 |

## Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 71.34    |                  |        |
| <b>Fat</b>           | 0.80g    |                  |        |
| <b>SaturatedFat</b>  | 0.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 114.98mg |                  |        |
| <b>Carbohydrates</b> | 14.87g   |                  |        |
| <b>Fiber</b>         | 1.61g    |                  |        |
| <b>Sugar</b>         | 4.83g    |                  |        |
| <b>Protein</b>       | 1.61g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 0.00mg   | <b>Iron</b>      | 0.00mg |

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

## Nutrition - Per 100g

No 100g Conversion Available