

Buttered Corn



Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15815
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN WHL KERNEL FCY GRADE	1 #10 CAN	drain corn	118966
SPICE PEPR BLK REG FINE GRIND	1 Teaspoon		225037
BUTTER PRINT UNSLTD GRD AA	1 Fluid Ounce		299405

Preparation Instructions

Mix all ingredients steam 9-12 mins or until 165 degrees

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	0.540

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		94.56	
Fat		1.99g	
SaturatedFat		0.58g	
Trans Fat*		0.00g	
Cholesterol		2.50mg	
Sodium		150.89mg	
Carbohydrates		18.32g	
Fiber		2.16g	
Sugar		5.39g	
Protein		2.16g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.25mg	Iron	0.43mg

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

Nutrition - Per 100g

No 100g Conversion Available