

Fiesta Corn



Servings:	24.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-16184
School:	ANDERSON CO MIDDLE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA 103Z	1/2 #10 CAN	READY_TO_EAT None	452841
SEASONING TACO MIX	1/2 Teaspoon		427446
CORN CUT IQF	3 Quart		285620

Preparation Instructions

Mix and steam to 165 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.358
OtherVeg	0.000
Legumes	0.000
Starch	0.112

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	38.26		
Fat	0.17g		
SaturatedFat	0.00g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	153.20mg		
Carbohydrates	7.82g		
Fiber	0.17g		
Sugar	2.26g		
Protein	0.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.03mg	Iron	1.43mg

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

Nutrition - Per 100g

No 100g Conversion Available