

Seasoned Corn



Servings:	120.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15818
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF	3 Gallon 3 Quart (15 Quart)		285620
SPICE PEPR BLK REG FINE GRIND	1 Teaspoon		225037
BUTTER PRINT UNSLTD GRD AA	1 Fluid Ounce		299405

Preparation Instructions

mix all together, steam for 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	0.500

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	18.33		
Fat	0.35g		
SaturatedFat	0.12g		
Trans Fat*	0.00g		
Cholesterol	0.50mg		
Sodium	0.00mg		
Carbohydrates	3.50g		
Fiber	0.17g		
Sugar	0.83g		
Protein	0.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.05mg	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