

Seasoned Corn

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52229
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF	18 1/4 Pound	BAKE	285620
BUTTER ALT LIQ NT	1 Cup		614640
SEASONING NO SALT ORIG	2 Tablespoon		844071

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		116.53	
Fat		3.21g	
Saturated Fat		0.40g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		12.80mg	
Carbohydrates		20.44g	
Fiber		0.97g	
Sugar		4.87g	
Added Sugar		0.00g	
Protein		2.92g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.16mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available	
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