

Seasoned Cooked Corn

Servings:	27.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53001
School:	Merkley Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn, Whole Kernel, Frozen, No Salt added	5 Pound	USDA Brown Box Commodity	100348
SEASONING NO SALT ORIG	6 Tablespoon	3 Fluid Ounce	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: 27.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		68.63	
Fat		1.02g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		1.02mg	
Carbohydrates		16.39g	
Fiber		2.05g	
Sugar		3.07g	
Added Sugar		0.00g	
Protein		2.05g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available			
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