

# Mexicorn

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11562
<b>School:</b>	Central Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF	1/2 Cup	Place corn in minimum amount of boiling water, bring to a second boil and cook until tender. Season to taste.	283730
Peppers GRN FR SET BELL MED 20 LB CS- Graves County Schools	1/16 Cup	READY_TO_EAT	15N66
BUTTER SUB	1/5 Teaspoon	Ready To Eat	209810
SALT IODIZED	1/4 Teaspoon	Ready To Eat	125557
SPICE PEPR WHITE GRND	1/8 Teaspoon		513776

## Preparation Instructions

Place corn in a minimum amount of boiling water, bring to a second boil, and cook until tender. Season to taste.

CCP: Heat to 135 F or higher.

CCP: Hold for hot service at 135° F or higher.

4 ounce spoodle

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.500
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.370

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Serving

Amount Per Serving	
<b>Calories</b>	88.77
<b>Fat</b>	0.51g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	599.46mg
<b>Carbohydrates</b>	18.53g
<b>Fiber</b>	2.14g
<b>Total Sugar</b>	2.21g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	3.07g
<b>Vitamin A</b> 31.85mcg	<b>Vitamin C</b> 6.92mg
<b>Calcium</b> 4.32mg	<b>Iron</b> 0.43mg

## Nutrition - Per 100g

No 100g Conversion Available