

# Corn on the Cob

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12945
<b>School:</b>	Central Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN COB EARS LITTLE 2.75 96CT GCHC	2 Each	Place in a minimum amount of boiling water while still frozen. Cook until tender. Continue to cook until internal temperature reaches 135 degrees.	119385
BUTTER SUB	1/5 Teaspoon	Ready To Eat	209810
SPICE PEPR BLK REG FINE GRIND	1/8 Teaspoon	Ready To Eat	225037
SALT IODIZED	1/4 Teaspoon	Ready To Eat	125557

## Preparation Instructions

Place in a minimum amount of boiling water while still frozen. Cook until tender. Continue to cook until internal temperature reaches 135 degrees.

CCP: Heat to 135 F or higher.

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

## 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>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.260

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	180.47		
<b>Fat</b>	2.00g		
<b>Saturated Fat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	594.00mg		
<b>Carbohydrates</b>	38.13g		
<b>Fiber</b>	4.00g		
<b>Total Sugar</b>	6.00g		
<b>Added Sugar</b>	0.00g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

## Nutrition - Per 100g

No 100g Conversion Available