

Mexicorn



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11562
School:	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

Amount Per Serving	
Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.500
Beans, Peas, and Lentils	0.000
Starchy	0.370

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Serving

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

Nutrition - Per 100g

No 100g Conversion Available