

Golden Corn

NO IMAGE

Servings:	450.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23048

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn, Whole Kernel, Frozen, No Salt added	81 9/11 Pound		100348
BUTTER PRINT SLTD GRD AA	32 8/11 Ounce		191205

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 450.000

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	81.84
Fat	2.63g
Saturated Fat	1.04g
Trans Fat	0.00g
Cholesterol	4.45mg
Sodium	14.36mg
Carbohydrates	16.00g
Fiber	2.00g
Total Sugar	3.00g
Added Sugar	0.00g
Protein	2.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available
