

Corn

Servings:	297.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9702
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn, Whole Kernel, Frozen, No Salt added	60 Pound	Use Brown Box Commodity first when available or use GFS#285620	100348
MARGARINE SLD	3 Pound	N/A	733061
SALT IODIZED	1/4 Cup	N/A	108286
SPICE PEPR BLK REG FINE GRIND	3 Teaspoon		225037

Preparation Instructions

Place 3lbs of margarine in large sauce pot and place in warmer.

Divide corn between 3-4 inch deep pans.

Steam in steamer for 35 minutes. Check temperature; if not at least 150° cook a little longer.

Drain each pan once out of steamer.

Divide melted margarine between the 3 pans, put rounded tablespoon of salt in each pan, and sprinkle each pan with pepper. Stir all together.

Store in warmer covered until service.

Updated 1.8.25

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: 297.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	107.19
Fat	4.67g
Saturated Fat	1.45g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	132.04mg
Carbohydrates	17.88g
Fiber	2.23g
Total Sugar	3.35g
Added Sugar	0.00g
Protein	2.23g
Vitamin A 242.42mcg	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available