

Corn- Steamed

NO IMAGE

Servings:	96.00	Category:	Vegetable
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44213
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT SUPER SWT	4 #10 CAN		851329
SPICE PEPR BLK REG FINE GRIND	3 Teaspoon		225037

Preparation Instructions

CCP Heat to 165 F or higher for at least 15 seconds

CCP Hold at 135 F or higher

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: 96.00

Serving Size: 3.00 Ounce

Amount Per Serving			
Calories	64.34		
Fat	0.80g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	12.87g		
Fiber	1.61g		
Total Sugar	4.83g		
Added Sugar	0.00g		
Protein	1.61g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

Calories	75.66		
Fat	0.95g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	15.13g		
Fiber	1.89g		
Total Sugar	5.67g		
Added Sugar	0.00g		
Protein	1.89g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg