

Seasoned Corn

Servings:	82.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57819
School:	Tri-County Jr./Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn, Whole Kernel, Frozen, No Salt added	15 Pound		100348
BUTTER BLND SLD EURO ZT	1/2 Cup		648560
SEASONING NO SALT ORIG	1 Tablespoon		844071

Preparation Instructions

Place vegetable in pan with butter and seasoning. Heat.

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: 82.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	77.16		
Fat	2.18g		
Saturated Fat	0.49g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	9.30mg		
Carbohydrates	16.10g		
Fiber	2.01g		
Total Sugar	3.02g		
Added Sugar	0.00g		
Protein	2.01g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

Calories	93.00		
Fat	2.62g		
Saturated Fat	0.59g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	11.21mg		
Carbohydrates	19.40g		
Fiber	2.43g		
Total Sugar	3.64g		
Added Sugar	0.00g		
Protein	2.43g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg