

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 RAE	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 RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg