

# Steamed Corn

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51725
<b>School:</b>	Veterans Elementary School at Mundell		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF	1/2 Cup	Weight	285620

## Preparation Instructions

Place corn in steam pan with some oil or butter

Steam for 15 min or till al dente.

Place in separate pan.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.893

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving	
<b>Calories</b>	97.59
<b>Fat</b>	0.98g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.00mg
<b>Carbohydrates</b>	20.49g
<b>Fiber</b>	0.98g
<b>Total Sugar</b>	4.88g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	2.93g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.00mg

## Nutrition - Per 100g

<b>Calories</b>	117.58
<b>Fat</b>	1.18g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	0.00mg
<b>Carbohydrates</b>	24.69g
<b>Fiber</b>	1.18g
<b>Total Sugar</b>	5.88g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	3.53g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.00mg