

Steamed Corn

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51725
School:	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

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	0.893

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

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

Nutrition - Per 100g

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