

Mexican Corn

Servings:	10.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45046
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN SUPER SWT	2 Pound		358991
Tajin Seasoning	1 Teaspoon		958969
MAYONNAISE	1/8 Cup		631411

Preparation Instructions

No Preparation Instructions available.

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: 10.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	110.22
Fat	3.18g
Saturated Fat	0.42g
Trans Fat	0.00g
Cholesterol	2.08mg
Sodium	86.40mg
Carbohydrates	19.03g
Fiber	0.89g
Total Sugar	4.44g
Added Sugar	4.44g
Protein	2.69g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.31mg	Iron 0.00mg

Nutrition - Per 100g

Calories	121.50
Fat	3.51g
Saturated Fat	0.46g
Trans Fat	0.00g
Cholesterol	2.29mg
Sodium	95.24mg
Carbohydrates	20.98g
Fiber	0.99g
Total Sugar	4.89g
Added Sugar	4.89g
Protein	2.96g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.35mg	Iron 0.00mg