

Seasoned Corn

Servings:	165.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20143
School:	Concord Intermediate		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN CUT IQF	30 Pound		283730
BUTTER PRINT SLTD GRD AA	1/2 Pound		191205

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: 165.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	109.18
Fat	1.70g
Saturated Fat	0.69g
Trans Fat	0.00g
Cholesterol	2.95mg
Sodium	15.06mg
Carbohydrates	22.35g
Fiber	2.48g
Total Sugar	2.48g
Added Sugar	0.00g
Protein	3.73g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 4.22mg	Iron 0.50mg

Nutrition - Per 100g

Calories	130.21
Fat	2.03g
Saturated Fat	0.82g
Trans Fat	0.00g
Cholesterol	3.52mg
Sodium	17.96mg
Carbohydrates	26.66g
Fiber	2.96g
Total Sugar	2.96g
Added Sugar	0.00g
Protein	4.44g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 5.04mg	Iron 0.59mg