

Seasoned Corn

Servings:	110.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38570
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn, Whole Kernel, Frozen, No Salt added	20 Pound	USDA Brown Box	100348
BUTTER SUB	1 1/4 Cup	1 Package	209810
Tap Water for Recipes	1 Quart	Tap Water	000001WTR
SPICE PEPR BLK CRACKED	1/4 Cup		516856

Preparation Instructions

Cook frozen corn using preferred method and drain off any liquid.

Pour into two full pans that have been sprayed.

Add dry Butter Buds to hot tap water; whisk to reconstitute. Pour over cooked/drained corn and heat to temperature.

Hold for serving.

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: 110.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	68.27
Fat	1.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	11.91mg
Carbohydrates	16.36g
Fiber	2.00g
Total Sugar	3.00g
Added Sugar	0.00g
Protein	2.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Nutrition - Per 100g

Calories	82.78
Fat	1.21g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	14.44mg
Carbohydrates	19.84g
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