

Mexican Street Corn

Servings:	55.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45180
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn, Whole Kernel, Frozen, No Salt added	10 Pound	USDA Brown Box.	100348
OIL VEG	1/2 Cup		330282
SPICE CHILI POWDER MILD	4 Teaspoon		331473
SPICE GARLIC GRANULATED	2 Teaspoon		513881
MAYONNAISE LT	1 Cup		429406
JUICE LIME	1/2 Cup		199028
CHEESE PARM GRTD	1 Cup		164259
SPICE CILANTRO	1/2 Cup		565903

Preparation Instructions

1. Thaw 10# corn, drain completely.
2. Toss the corn with 1/2 cup oil.
3. Divide corn evenly onto sheet pans, but do not over crowd the pans. You want the corn to roast rather than steam. Roast at 450F until the corn has turned deep brown, stirring if necessary.
4. Remove from oven and keep hot.
5. Combine roasted corn with chili powder, garlic, mayo, and lime juice.
6. Stir to combine. Place in warmer to hold for service.
7. Just before serving, top with parmesan cheese and fresh chopped cilantro.

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: 55.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	101.01
Fat	3.98g
Saturated Fat	0.76g
Trans Fat	0.03g
Cholesterol	2.91mg
Sodium	65.73mg
Carbohydrates	17.31g
Fiber	2.00g
Total Sugar	3.29g
Added Sugar	0.00g
Protein	2.87g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 24.59mg	Iron 0.01mg

Nutrition - Per 100g

Calories	122.48
Fat	4.83g
Saturated Fat	0.92g
Trans Fat	0.04g
Cholesterol	3.53mg
Sodium	79.71mg
Carbohydrates	20.99g
Fiber	2.43g
Total Sugar	3.99g
Added Sugar	0.00g
Protein	3.48g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 29.82mg	Iron 0.01mg