

000047 - Chipotle Corn

Recipe HACCP Process: #2 Same Day Service

Source:
 Number of Portions: 50
 Size of Portion: 1/2 cup

Meat/Alt: 0 oz
 Grains: 0 oz
 Fruit: 0 Cup
 Vegetable: 0.5 Cup
 Milk: 0 Cup

050486 CORN, YELLOW, WHOLE KERNEL, COOKED FROM FROZE... 12 LB 050384 OIL, VEGETABLE..... 1/2 CUP 002047 SALT, TABLE..... 1 TBSP 002030 PEPPER, BLACK..... 2 TSP, ground 902423 Chipotle Pepper, ground..... 2 Tablespoons	1. Toss drained corn with oil, salt, black pepper, and chipotle seasoning. 2. Cook according to preferred method: A) Stovetop Method: Heat a large skillet over medium-high heat. Add vegetable oil and heat until smoking. Add well-drained corn and toss, moderating heat as necessary, until corn is well caramelized and brown in spots. B) Convection Oven Method: Spread corn on sheet pans, and bake at 450°F for 12-15 minutes, or until corn is caramelized and brown in spots. CCP: Heat to 140° F or higher CCP: Hold at 140° F or higher for service.
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*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	108 kcal	Cholesterol	0.00 mg	Protein	2.83 g	Calcium	4.12 mg	24.61%	Calories from Total Fat
Total Fat	2.96 g	Sodium	146.48 mg	Vitamin A	64.54 RE	Iron	0.59 mg	3.68%	Calories from Sat Fat
Saturated Fat	0.44 g	Carbohydrate	21.26 g	Vitamin A	323.10 IU	Water ¹	*0.01* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	2.82 g	Vitamin C	*3.85* mg	Ash ¹	*0.37* g	78.54%	Calories from Carbohydrates
								10.47%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.