

# Mexicali Corn

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned liquid pack whole kernel corn, drained OR Frozen whole kernel corn	2 lb 1 oz OR 1 lb 14 oz	1 qt 1 ½ cups (½ No. 10 can) OR 1 qt 1 ¼ cups	4 lb 2 oz OR 3 lb 12 oz	2 qt 2 ¾ cups (1 No. 10 can) OR 2 qt 2 ½ cups	1. Combine corn, green peppers, and onions.  2. To Heat: Place corn mixture in stock pot. For 25 servings, add 1 cup water. For 50 servings, add 2 cups water. Heat, uncovered. Drain. Pour into pans (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.  3. Add pimientos, butter or margarine, Chili powder, cumin, paprika, and onion powder. Stir lightly.  4. CCP: Hold at 140° F or warmer.  Portion with No. 16 scoop (¼ cup).
*Fresh green pepper, finely chopped	6 ½ oz	1 ¼ cups	13 oz	2 ½ cups	
*Fresh onions, chopped OR Dehydrated onions	3 oz	½ cup OR ¼ cup	6 oz	1 cup OR ½ cup	
Canned pimientos, chopped		2 Tbsp 2 tsp	3 oz	¼ cup 1 Tbsp	
Margarine or butter		2 Tbsp	2 oz	¼ cup	
Chili powder		½ tsp		1 ¼ tsp	
Ground cumin		¾ tsp		¾ tsp	
Paprika		¼ tsp		½ tsp	
Onion powder		¼ tsp		½ tsp	

\* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Green peppers	9 oz	1 lb 2 oz
Mature onions	4 oz	8 oz

# Mexicali Corn

Vegetable

Vegetables

I-15

<b>SERVING:</b>	<b>YIELD:</b>	<b>VOLUME:</b>
¼ cup (No. 16 scoop) provides ¼ cup of vegetable.	<b>25 Servings:</b> 2 lb 9 ½ oz	<b>25 Servings:</b> 1 quart 2 ¼ cups
	<b>50 Servings:</b> 5 lb 3 oz	<b>50 Servings:</b> 3 quarts ½ cup
Edited 2014		

## Nutrients Per Serving

<b>Calories</b>	43	<b>Saturated Fat</b>	0.25 g	<b>Iron</b>	0.42 mg
<b>Protein</b>	1.13 g	<b>Cholesterol</b>	0 mg	<b>Calcium</b>	4 mg
<b>Carbohydrate</b>	7.89 g	<b>Vitamin A</b>	220 IU	<b>Sodium</b>	92 mg
<b>Total Fat</b>	1.33 g	<b>Vitamin C</b>	9.8 mg	<b>Dietary Fiber</b>	0.9 g