



825066 - Lime and Chili Sweet Corn

Source: K12 Culinary
 Number of Portions: 55
 Size of Portion: 1/2 cup

Components:

Meat/Alt:
 Grains:
 Fruit:
 Vegetable: 0.5 cup
 Milk:

Recipe Subgroups:

Vegetable, Starchy

Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
050486 CORN, YELLOW, WHOLE KERNEL, COOKED FROM...	10 lbs	Thaw corn in perforated pan set inside a solid pan overnight in the refrigerator. Place 5 lb (approximately 1 gallon) of corn in each 2 inch full-size perforated pan. Place in steamer, uncovered, and steam for approximately 3-5 minutes (add time if corn is still frozen). Transfer steamed corn to two (2 inch) full size solid pans. Note: Refer to the video for steaming frozen vegetables for additional information if needed. CCP: Heat to 135° F or higher.
826505 Margarine, TransFat Free, Ventura 16936..... 050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED F..... 009161 LIME JUC,CND OR BTLD,UNSWTND..... 002009 CHILI POWDER..... 799903 GARLIC,GRANULATED..... 002031 PEPPER,RED OR CAYENNE.....	2 ozs 1/4 cup 1/4 cup 1 Tbsp + 1 tsp 1 Tbsp 1 tsp	Weigh 2 oz of margarine and melt. In a small bowl combine the melted margarine, vegetable oil, lime juice, chili powder, granulated garlic, and cayenne pepper. Stir until combined. Pour 1/3 cup of seasoned lime and oil mixture over each pan of corn. Stir until the corn kernels are evenly coated with seasoning.
		Cover and hold until service. Serve ½ cup portions using a no. 8 disher or a 4 oz spoodle. CCP: Hold for hot service at 135° F or higher.

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	84 kcal	Cholesterol	0 mg	Sugars	*0.0* g	Calcium	2.97 mg	25.64%	Calories from Total Fat
Total Fat	2.39 g	Sodium	15 mg	Protein	2.16 g	Iron	0.44 mg	6.57%	Calories from Saturated Fat
Saturated Fat	0.61 g	Carbohydrates	16.22 g	Vitamin A	272.8 IU	Water ¹	*1.07* g	*0.00%*	Calories from Trans Fat

Trans Fat ²	*0.00* g	Dietary Fiber	2.11 g	Vitamin C	3.0 mg	Ash ¹	*0.03* g	77.35%	Calories from Carbohydrates
								10.31%	Calories from Protein
<p>*N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient</p> <p>* - denotes combined nutrient totals with either missing or incomplete nutrient data</p> <p>¹ - denotes optional nutrient values</p> <p>² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.</p>									