



825067 - Mexicali 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:

Vegetables

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
050486 CORN, YELLOW, WHOLE KERNEL, COOKED FROM...	10 lbs	<p>Thaw required amount of corn overnight in the refrigerator.</p> <p>Place 5 lbs. (approximately 1 gallon) of corn in each 2 inch deep full-size perforated pan.</p> <p>Place in steamer, uncovered, and steam for approximately 3-5 minutes (add additional minutes if corn is still frozen).</p> <p>Transfer steamed corn to two (2 inch deep) full size solid steamtable pans.</p> <p>Note: Refer to the video for steaming frozen vegetables for additional information if needed.</p> <p>CCP: Heat to 135° F or higher.</p>
825024R Seasoning Blend, Mexican..... 826505 Margarine, TransFat Free, Ventura 16936..... 011943 PIMENTO,CANNED.....	2 Tbsp 2 ozs 1/4 cup	<p>Prepare school made Mexican Seasoning according to the recipe.</p> <p>Weigh 2 ounces of margarine and melt. Pour 1 oz (2 TBSP) melted margarine and 1 TBSP Mexican seasoning over each pan of corn.</p> <p>Stir until the corn kernels are evenly coated with seasoning.</p> <p>Gently fold in 2 TBSP diced pimientos to each pan.</p>
		<p>Cover and hold until service.</p> <p>Serve ½ cup portions using a no. 8 scoop or disher or a 4 oz. spoodle.</p> <p>This recipe is best when prepared for just in time service to avoid leftovers.</p> <p>CCP: Hold for hot service at 135° F or higher</p>

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

Calories	75 kcal	Cholesterol	0 mg	Sugars	*0.0* g	Calcium	3.43 mg	16.89%	Calories from Total Fat
Total Fat	1.40 g	Sodium	12 mg	Protein	2.15 g	Iron	0.49 mg	5.48%	Calories from Saturated Fat
Saturated Fat	0.46 g	Carbohydrates	16.11 g	Vitamin A	277.7 IU	Water ¹	*0.84* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.10 g	Vitamin C	3.7 mg	Ash ¹	*0.03* g	86.12%	Calories from Carbohydrates
								11.50%	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

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.